

DOLPHIN LOG

Collection, Year 2019

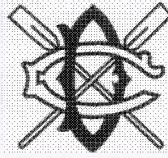
**The Bulletin of the
Dolphin Swimming & Boating Club
San Francisco, Established 1877**



**Dolphin Swimming & Boating Club
502 Jefferson Street
San Francisco, CA 94109**

SPRING 2019

DOLPHIN LOG



THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



Dolphin Log

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Once 'Round the Cove

A Bump in the Road

Twice in the twentieth century the core building that is the heart of the Dolphin Club has been moved along the shores of Aquatic Park. That wouldn't have been possible with a more modern building, one that was not made entirely of less flexible, less forgiving material. Since the club last took root in 1939 much has been added so that today it is a seamless whole, with everything constructed of wood. From the façade, the way it presents itself to the rest of the world to every detail you'll encounter across the threshold, its construction is homogeneous. The most conspicuous example is the fleet of rowboats.

Though the building is flexible, the members were less so. Once upon a time all the boats were wooden, even the racing shells. That began to change about 40 years ago when members brought in their own racing sculls to be harbored here. But they usually didn't stay long, encouraged to relocate in the club boathouse on Lake Merced. The temple where members have long come to find sanctuary can come to resemble a wooden fortress.

But outside the world is changing. And as the contrast between the city and our

inner sanctum becomes more pronounced change is inevitable. When a new generation of shells was introduced, thanks in large part to Gary Ehram (see page 4) and the late Dan Osborne, they found a home.

And once elite college rowers wanting to maintain their skills discovered the potential of the Bay's rowing clubs, there was more emphasis on the activity of rowing than on the aesthetics of beautiful boats.

Ambitious and restless Young Turks chafed at other restrictions, too. Some, creatures of the digital age, found the lack of computers and useful smartphones antithetical. Others balked at the limitations to the swimming areas. We live in a region that contains some of the world's best swimmers. Does the club want to attract them, or do we prefer a low, unassuming profile? Much as many of us would like to preserve the status quo, there is no stasis: the choices are upward or downward.

As the flooding tide brings new ideas, the club needs to be respectful, yet cautious. Changes need to be incremental, exchanges, civil.

Keith Howell, *Editor*

2019 BOARD ELECTION RESULTS

	Paper	Email	TOTAL
Sent	100	1595	1695
Received	17	560	577 (34%)

Category 1 Bylaws Changes

Category 2 Bylaws Changes

Yes - 463 No - 24

Yes - 454 No - 24

President — Diane Walton - 501

Vice President — Davis Ja - 509

Treasurer — Chris Wagner - 505

Financial Secretary — Janice Wood - 493

Recording Secretary — Andrea Morgan - 513

House Captain — John Hornor - 524

Boat Captain — Jon Bielinski - 308

(not elected) — Wyatt Nordstrom-241

Board of Governors (8 elected)

Dave Zovickian - 417

Ken Coren - 347

Joe Marenda - 337

Jay Adams - 330

Jay Dean - 329

Natazha Bernie - 298

Nanda Palmieri - 295

Lee Hammack - 280

Not Elected:

Susanne Friedrich - 279

Andrew Wynn - 251

Randy Edwards - 236

Lolly Lewis - 236

Dav Zimak - 164

Daniel Daniloff - 77

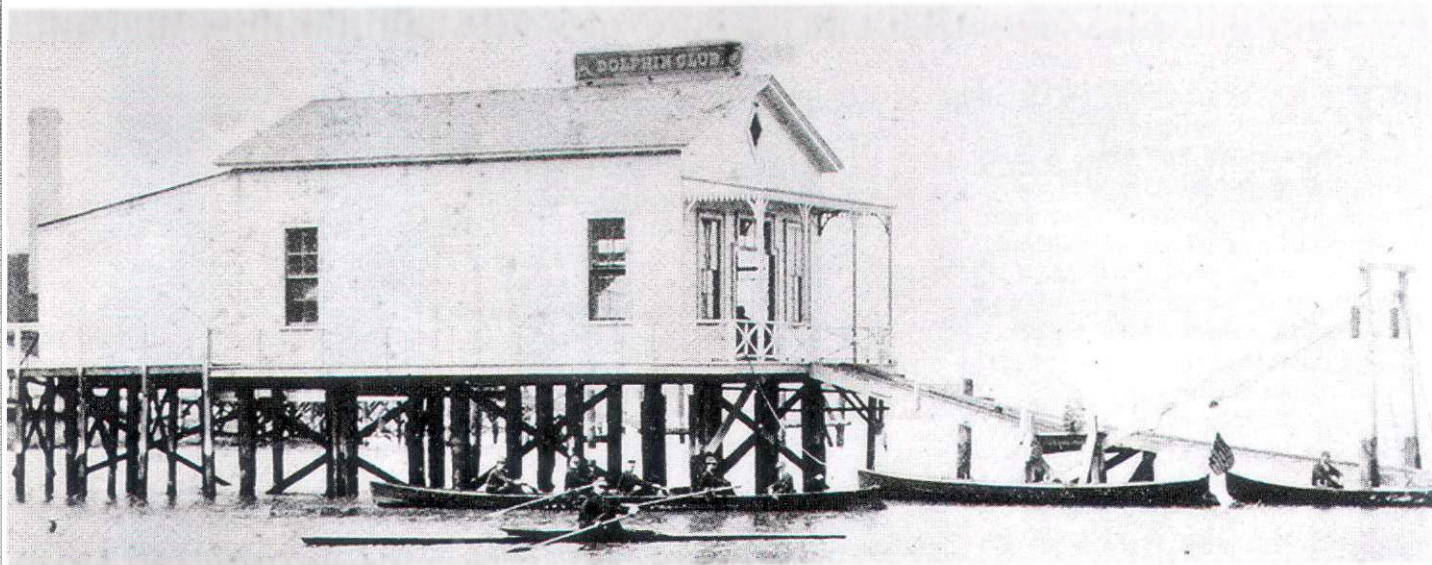
Dolphin Club members at the Gay Games in Paris: Left to right Katie and Luca Estrada Pozzi, Duke Dahlin, Katie McCall, Briana McCarthy. The article in the Spring issue of the Log written by Briana was mistakenly attributed to Duke.



First Dolphin Club Boathouse

News From the Archives

Morgan Kulla



First Dolphin Club boathouse until 1896, built where the Cannery stands today.

What a welcome surprise to get unexpected gifts! In December a couple visiting from South Carolina dropped in offering rare photographs for our Dolphin Club Archives. Monica Towers welcomed them, and I happened to be at the Club as well. The images are a glimpse of the way we were in the 19th

Century. One (not shown here) is a spectacular original studio portrait of the 1898 champion rowing crew. A lesser copy is displayed high on the west wall of the Staib room.

The other picture, that we didn't know existed, captures club members posing at the old boathouse prior to the one built in 1896 on west side of Aquatic Park and later moved to our current spot.

The visitors were not sure of their connection to the Dolphin Club, nor the source of the photographs. Using the club Archives, Richard Cooper helped to find the link. Their ancestor, Emil Bartman, joined the Club in 1897 and was an oarsman and swimmer. His younger brother, Eddie, is the boy coxswain in the 1898 photograph mentioned above. Sadly, both brothers died just a few years later, and their family saved the photographs.

Our research also led us to another figure in SF Bay maritime history. Frank C. Raymond, the brother-in-law of Emil Bartman, was the original owner of the sloop yacht Kathleen built in 1904 that is now in the San Francisco Maritime National Historical Park collection.

From 1877 to 1896 the former Dolphin Club boathouse was near what is now the Joseph Conrad Mini-park just south of the Cannery. As you can see from the picture, that was still shoreline with the boathouse out on pilings. In 1896 it was sold (for \$20), moved, renovated, and still stands at 872 North Point Street. Read more in the Summer 1995 *Dolphin Log*.



Pipes and moustaches. Rowers pose before the newly built Clubhouse at the foot of Van Ness Avenue, circa 1898

Back from Catalina

A data scientist's approach to training. Getting there was the hard part.

Luca Pozzi

This is the account of my training for the Catalina Channel in September 2017 (minus charts and graphs), published in the hope of sharing what I learned. I'm a data scientist by profession, and it shows.

My first approach to marathon swimming was in 2015/2016, training for Bay to Breakers. By the end of 2016, I decided I was ready to tackle some serious Channel swimming. My friends Andrew Wynn, Dave Holscher and I decided to go for the Catalina Channel. It covered all the bases:

- It's Local: easier to get to without having to haul all the "stuff" across an ocean.
- It's Long: approximately the same distance as the English Channel
- It's Hard: both part of the "Ocean 7" and the "Triple Crown."

Andrew, far more organized than yours truly, researched and found information about training plans, and off we went.

The Plan

Vox Populi: We researched the more reliable forums, the marathonswimmers blog and the US Masters forum:

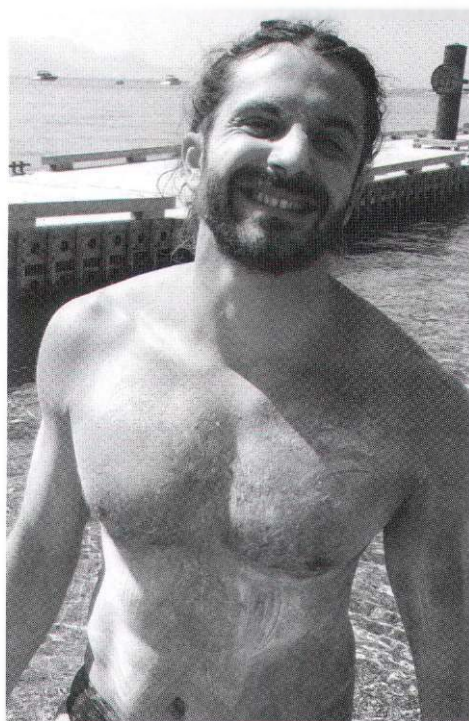
1. Weekly training volume should be (at least) equal to your target swim distance, for several months.
2. At least one training swim of 65-75% of your target distance.
3. Train about 35K-50K per week for at least 6 months prior including at least 3 swims over 6 hours
4. Train for at least 6-8 months for a swim of over 15 miles, but no long swims 3-4 weeks before the "big" swim.

Our plan: a progression of weekly yards and a crescendo of training benchmarks:

- At least one 15-mile training swim
- Night swimming experience
- 4x50% swims (10 miles)
- 37k per week for 3 months prior

We ended up following the plan quite closely, hitting above the mark for most of the training with a total yardage of 1,151,960.

Month	Days	Yardage	Yds/Day	Yds/Week	Hrs/Week
Jan	31	125000	4032.258065	28225	7.6
Feb	28	130000	4642.857143	32500	9.8
Mar	31	140000	4516.129032	31615	10.6
Apr	31	140000	4516.129032	31615	10.6
May	31	140000	4516.129032	31615	8.5
Jun	30	150000	5000	35000	11.4
Jul	31	150000	4838.709677	33870	9.1
Aug	31	150000	4838.709677	33870	11.4



Luca Pozzi before Lake Tahoe swim.

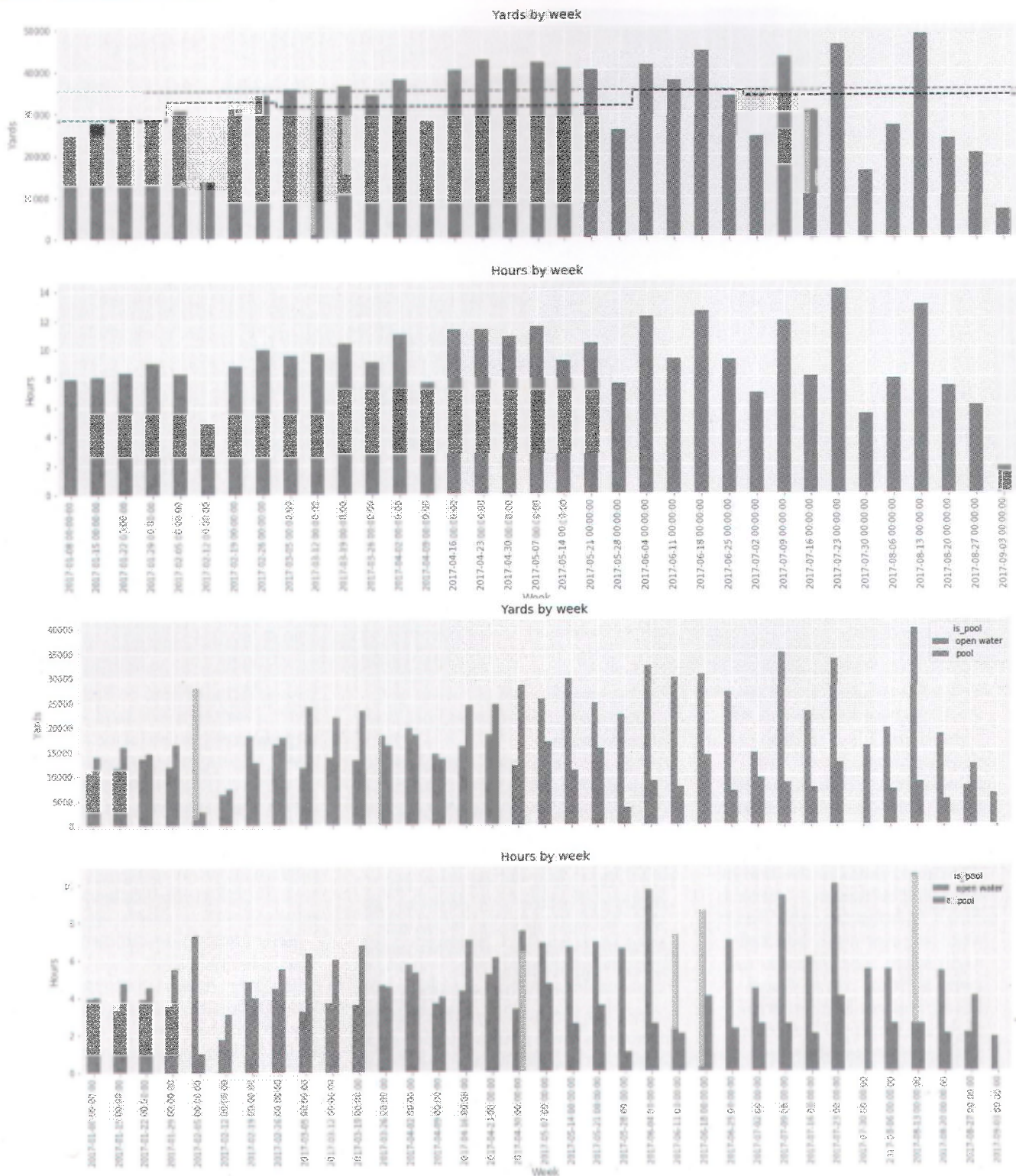
Our actual goal was the weekly yardage, which we hit it most the time, staying on average above the distance to Catalina. The ramp-up had been pretty gradual, but a huge jump from our previous yardage. This meant a lot of sore shoulders and slower swims but, once the initial discomfort settled, we endured the yardage quite easily.

The fun part was pushing the limits and ramping up to longer and longer swims. This is a path full of false starts and learning. I like to believe that failures are even more educational than successes, and I had plenty of failures.

Two Hours: The two hour mark

was hit and passed quite easily, with a beautiful out of cove swim accompanied by a great crew. The infamous "5 Coves of Death" is another great chance to squeeze two challenging swims in a day and hang with a bunch of crazy swimmers. *Four Hours:* This milestone was harder. Feeding and technique started to matter. Not feeding frequently enough is an easy error, since energies are high at the beginning of a swim, but run away quickly if not replenished. Another issue that surfaced was hip cramping. Due to both sighting and bad technique my psoas ended up having to endure too much stress and would lock and cramp.

- First attempt: the plan was to feed every two miles and to change course after every feed. Andrew was with me and we both suffered locked hips after the first hour. The constant changing of the course also didn't help us focus and we ended up shivering in the sauna.
- Second attempt: I went hypothermic as a result of not feeding frequently enough. I ended up staying in for three grueling hours mostly thanks to the wonderful community that kicked my ass when I tried to bail out at hour two.
- First 4 hours: Duke Dahlin has been a wonderful mentor through all my training and stepped up to kayak for me for 4 hours. My hips were in some pain, but feeding regularly (Carbo-Pro every 30' plus a Gel on the hour) did the trick. This is the first time I figured out the combination that works for me, and I still stick to it with minor variations.



All part of Luca Pozzi's training.

- Second 4 hours: Stayed in the Cove with Ryan Utsumi, feeding after each loop. This helped to get into "the zone" and to create habit.
- Third 4 hours: Andrew, Catherine Breed and I hit the Belvedere Lagoon, a generous concession of Bob Tandler.

- Fourth 4 hours: Tahoe!!! On July 10 we tackled the width of Tahoe. With Mark Henderson as our pilot, Catherine, Andrew and I swam from Sand Harbor to King's Beach. Leaving at a leisurely 7am, we had a lovely swim in warm water with great sun.

Six Hours: Here the psoas issue became really serious. The cold water seemed to exacerbate flaws in my technique, putting too much strain on the postural muscles, which ended up cramping and locking up.

- First attempt: A bunch of laps between Aquatic Park and the Golden Gate bridge, supported



On the way from Catalina with kayaker Alex Sigal

by Duke and Adam. I ended up drinking and ingesting too much salt water, which didn't let my feeds absorb correctly. My hip completely locked and I got pulled at 4h30'. This incident also made me research into some denser and more nutrient food.

- Second attempt: I stayed in the Cove, but my hip was still injured and I had to limp out at the third hour.
- First successful 6 hours: In the warmer waters of the Belvedere Lagoon. I learned that most of the zinc sunscreens designed for outdoor athletes wash off after 4 hours in the water.
- Third Attempt 6 hours: The third attempt was a botched night swim. The plan was to swim a round trip to Angel Island and get familiar with night swimming. Catherine and I got separated and we were pulled, but I got the night swimming learning I needed.
- Second successful 6 hours: In the lagoon with Andrew and Dave. Overall quite an easy swim, warm and sunny, easy way to finish off the training and start the taper.

Eight Hours: In the Lagoon at Night: Andrew and I jumped at 9pm and swam until 5am. Not the most fun swim, particularly tough mentally and for nutrition. The geography of the lagoon forced us to feed on gel only at the 45-minute mark and drink every hour and a half.

This messed with our stomachs. The utter darkness of the lagoon made it repetitive and dull. The murky water was dark enough that the difference between keeping our eyes open or closed was slight. The lagoon also crawled with little critters that kept bumping into us. Swimming through the night was good preparation to what your body goes through.

The Swim

Catalina Total: 20.1 mi (32.3 km - 35323.71 yds). The days before my swim a strong heat wave hit the West Coast, which made for an uncomfortable ride down to LA and a hellish night (no AC in our Airbnb). I slept the whole afternoon covered in wet towels.

The crew showed up at 8:30pm, and after Dan Simonelli and the captain briefed us on the rules I took a nap on the way to the island. Two hours later we were by Catalina.

Conditions were great, the ocean was calm and the night, cooled down by a light drizzle, no wind. The crew started getting ready. Kris, my wife, covered me in Desitin and Vaseline and at 11:30pm I jumped into the darkness.

The first half of the night went on a wave of excitement. The most remarkable detail was the wonderful bioluminescence that sparkles at every stroke.

As the adrenaline wore off I made my first mistake: I overfed. After chugging way too much rice and

chasing it down with chocolate gel I started to feel nauseous. This, combined with the fact that the body feels naturally more tired around 2/3am, slowed me down, until I finally puked, which brought some relief.

Sunrise was a rebirth experience, bringing new hope, enthusiasm, and energies. I heard dolphins singing underwater and then saw their pod crossing my path. This pumped me up and I picked up my pace.

As I progressed through the day I was still a bit sick from the night, and all my rice went bad. I fed mostly liquid feeds (i.e. Carbo-Pro plus the additional gel when pushed by my crew) for the rest of the swim.

My second mistake was to look up. The trick is always to live fully in the present moment, and to never look at what's ahead or behind. Once I started to see land I started to project my arrival time. By hour seven I was quite annoyed that land seemed no closer. Fortunately, this didn't discourage me, but got me increasingly irritated by my slow pace, so I increased it for the last portion of the crossing.

I did follow the advice to never ask for how long is left.

The greatest joy and surprise was to be told that I was only 1 hour and a half away. I had been considering land as this unreachable mirage, and my arrival time more of a theoretical horizon than an actual event.

My wonderful kayaker, friend and Dolphin, Alex Sigal gave me a swig of Coca-Cola! It tasted like heaven! Cold. Crisp. Sweet. My mouth was burned by salt and the sweetness was just the best thing I could have hoped for. It was one of the best things I have tasted. Cheered up by the treat and after taking a swig of Ibuprofen (one shoulder was starting to get cranky) and with the end in sight, I kept pushing.

In the last stretch I was joined in the water by my crew until, unstable on my legs, I climbed on the rocky shore. 10 hours and 32 minutes! Done!

If Not Now, When?

Gary Ehram

Gary Ehram joined the Dolphin Club in 1990 and began sailing about the same time. He, like so many other sailors, dreamed of a long ocean voyage. The realization that his boat would lose its Marina slip when the Park Service remodeled the waterfront turned his dream into determination.

On the 19th of June 2018, I left San Francisco sailing my Hunter 29.5 to Honolulu, staying for a few weeks, and then sailing on to the Marshall Islands. Experience sailing up and down the coast, and my occasional need to simply turn around and get back home, caused my uneducated self to form the opinion that this is a pretty tough place to sail. (In hundreds of years of Europeans exploring the coast, the San Francisco Bay was discovered by Europeans on foot,

walking up from Monterey.)

What my experience told me, rather than beginning southeast along the coast, was to get as far out to 200 miles before turning due south, and then turned west, using the National Geographic "Plastic on the Planet" issue's (not highly nautical) map of plastic floating on the Pacific. I went to the approximate latitude of the Mexican border to avoid the trashed area.

My sailing experience came via the late Dolphin David Broadbear, who turned me on to a used boat years ago; I got a lot of experience with that craft. I bought the boat I have now, after much searching, because it had some good features and I could afford it. The boat and I spent our time bashing around the Potato Patch and seeing what would break. Quite a few things did, and

they were fixed.

So, back to the trip. When I sailed out of the Gate and got past the SF Sea Buoy, a dove joined me. The bird looked like it was tired and just wanted a rest. It had been flying 20 some miles against a 20 plus knot wind—and this was a city bird. After several attempts to perch on a rope ladder on my radar tower as the boat bounced, it succeeded. There, in the cockpit, were the two of us. "How d'ya do?" I assumed it must have been going to South East Farallon Island because there's nothing else out there. I changed course so I would pass on the upwind side of the island and when we got there the island was already swarming with a chaotic mass of birds. The dove showed no interest. So... we're going to Honolulu.

Later that day I put up a reefed



Gary Ehram beside his boat in Honolulu. He didn't stay long.



Don Harrison, Gary, and Joe Mannion at a send-off party.

main. It was a bad idea. While taking it down a swell hit the boat and sent me to the deck on the far side. I was wearing my harness and was stopped by the netting I have on the stanchions to prevent the headsail going overboard during a change. The dove couldn't see all that though. It could only see me disappear. It made a quite audible vocalization of astonishment. Either, "Oh my God, are you ok?" or "NOW who's going to drive the boat?"

I got back up and completed the job of furling the main and our interspecies relationship took on a new, familiar comfort. I tried to make a safer, more comfortable spot for the dove but it wanted nothing to do with my attempts. Maybe, "Nests are for babies, I am not a baby." At one point it did hop/fly into the companionway and sat on the top step to look around. It spotted the grooves that were cut into the lower steps and I suppose they looked like tree bark where bugs could be hiding so it hopped down to get them and was clearly disappointed to find nothing. I had set a timer to alarm occasionally just to keep me on my toes and now the alarm went off. I indicated to the bird that I needed to climb down the steps to turn it off. I was then sitting on the settee and the bird on the table. We sat that way for a while as I tried to think of what to do or say when it suddenly flew into the window to get out. The window was solid plastic

so the bird bounced off but then in a panic flew out the companionway and with a 27-knot northerly wind got immediately taken downwind. I was very saddened, thinking that was probably its end, the last I would see of that bird. We were more than 100 miles out.

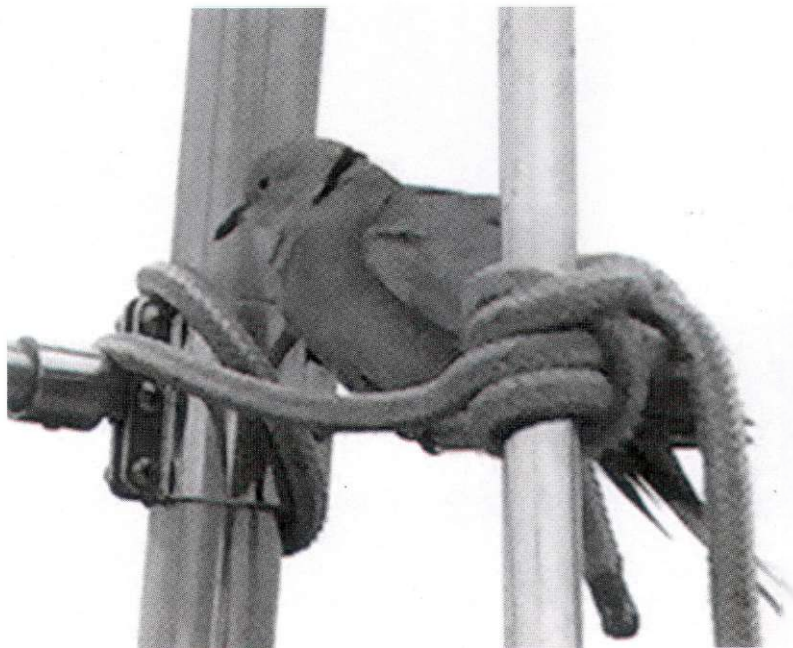
That night I awoke to the AIS (Automatic Identification System) alarm telling me a ship was headed toward me. At this stage of the trip I responded to these alarms by fully changing my course. As I completed the course changing exercise, seeing

the ship passing, and getting back on course, I saw that the dove had returned some time earlier and set up its station on top of the dodger under the furlled main. The spot it chose would have wind from any direction directed downward by the furlled main and hold its feathery self in place. Smart bird. I said hello and welcome back and went to bed.

The next morning I was saddened at the bird's absence. It was gone.

I planned my course using my GPS. I have a sextant and accompanying data books in case of GPS failure but fortunately it never failed. A good thing, because I don't know how to use the sextant and accompanying data books. The sky was completely overcast until I turned right for Honolulu when I saw my first blue sky. Rejoice! It lasted four hours. Then I didn't see the sky again until a few hundred miles from Oahu. I often thought about my predecessors. Those guys must have been incredibly bright. With no view of the sun they only had a compass, a log line to guesstimate their speed, and a clock.

My boat is pretty much a robot. It does all the tiring work and I just have to monitor things. I was in the Trade Winds and the sail (I was using only the head sail) needed no adjustment for days. The GPS told me of any minor course adjustments needed. The AIS told me of any other boats in the area. The wind vane



Gary's companion for the first two days.



Marshall Islands

steered the boat. All good things, because most of the trip was in 8-10 ft. seas. When you look at the forecast or report of the sea state they tell you the swells are so many feet high and that they are going in such and such a direction. What that means is that 90 percent of the swells are going in that direction. The other 10 percent are going in whatever direction they want to. And what they want is to hit you without any rhythm or warning. I have a tiny little boat. Very little inertia. To sleep, you have to be wedged in someplace. To move you must always maintain three points of contact. My bathroom is directly to the right and even with the companionway steps as you come down. I was going up and securely holding the grab rail on the wall between the stairs and bathroom when a wave hit the boat hard, swinging me into the bathroom. My left hand, securely holding the grab rail, was unable to detach. I was sure my left forearm would be broken. But no! Thank you, tough left forearm.

The worst incident was about 500 miles east of Oahu. I was woken by the headsail flogging. It was midnight. I looked at the clock. 12:00 exactly. I went out and found the boat broached. There were 8 ft seas and a 22-knot wind. The wheel of the wind vane that attaches to, and drives, the steering wheel had flopped

off. It was hanging by one point. The other two points had broken. All these things (wind vane, rudder, sail) are integrated so the failure of one leads to a cascade of events. I attempted to furl the roller headsail but because it was flogging (the entire sail slapping back and forth bringing the sheets with it), I only worsened the problem. I went forward to try to untangle the mess and was greeted by the sheets, ropes that control the sail, having twisted themselves into a tight 3-foot truncheon, beating me with all the force of the flogging head sail. Each hit drew blood. It was clear that my death would be one of the prime possibilities if I were hit in the head. But it finally worked out. The sail got furled, the engine started, and we continued on our way as I thought about how to jury-rig the wind vane for the remainder of the trip to Honolulu. The drive wheel of the wind vane was attached to the steering wheel with three hose clamps. The whole device that the company built and installed did a wonderful job—except for this one aspect.

After I made it safely to Honolulu I spent two weeks preparing for the second leg. I left just in time because a week later a series of hurricanes hit Hawaii. I expected the trip to the Marshall Islands to be quick and easy but as soon as I crossed the

International Date Line the wind stopped. I know it's usual to have some sort of initiation event when crossing the Date Line or Equator, but I thought the travelers were the ones who planned it, not the ocean. The wind stopped but the swells did not. I spent days being broached and knocked back and forth. After about 200 miles out from Hawaii, I saw no vessels, but I wanted to have my AIS on while I slept, so I had to keep the batteries topped up for the night. I ran the engine for two hours each evening to make water and charge the batteries but there was a long way to go

and only so much fuel. With the engine running, at least there was the satisfaction of not being knocked about.

Eventually the wind picked back up. The sailing was incredible. Tropical downpours that lasted 5 or 10 minutes, beautiful clouds, incredible starry nights, magnificent sun rises and sunsets, meeting birds far out at sea, and finally, clouds indicating islands, rainbows, then trees in the distance. I entered the channel into Majuro Lagoon and had about twelve miles to go to the mooring field—when I ran out of fuel and the trade wind stopped.

I hurriedly dug out my dinghy, got it on the deck, pumped it up, and got it into the water before wondering if I was going to pass out from heat exhaustion. As I lay there a squall passed. I set the sails so that if other squalls passed I could take advantage of them. They did. And this worked, ...off again, on again squalls providing the wind, until I was in the mooring field. Struggling to reach the mooring ball from the boat, three Marshallese guys in a recreational fishing boat asked if I wanted a hand. Sure! We are now friends.





The Weight Room: Past, Present, Future

By the Renovation Committee

As we continue our progress toward major renovations to our clubhouse, we look back at the history of one of the prime targets for improvement: the club's weight room.

Today it houses free weights, pulleys, stair-steppers, and adjustable motion trainers (AMTs). But in the beginning – 71 years ago – the 665-square-foot space served a very different purpose: as a dedicated dining room.

In April 1948, the club's 250 or so members ran out of funds to complete a galley and dining room. Tempers ran high until Joseph B. Keenan, then 78 and a member since 1892, stepped in with a donation of \$700, enough to complete the project. In appreciation for Keenan's generosity, the new dining room was named for him; a plaque with his name still adorns one wall.

Ten years later, though, not much dining was happening in the dining room. There were no weekly boat nights, no happy hours, no hosting of events for organizations such as San Francisco Baykeeper (which didn't yet exist). Looking for a better use for the space, members decided to convert it to a "gentlemen's gym." (Women weren't admitted to the club until 1977.) The November 1963

issue of the Dolphin Log credited Rico "Moon" Passanissi "and aides" with "creating and maintaining" the "increasingly popular" gym.

Amenities were sparse. The June 1975 Log noted that Jack LaLanne – the San Francisco native and renowned fitness guru who had swum, handcuffed, from Alcatraz to Aquatic Park in 1974 – donated a lat machine to the gym. That donation, plus Stan Hlynsky's donation of Olympic weights and Monte Sahagian's contribution of a leg-press machine, "have brought our gymnasium equipment to a respectable level."

By the time Rich Cooper joined the club in 1978, the weight room was home to "an ancient rowing machine"; the hardwood floor was covered with a patchwork of shag-carpet remnants that had been donated by Bill Powning. (That colorful floor inspired the artist Joan Brown, one of the first women to join the South End Rowing Club, to paint "The Weight Room at the Dolphin Club" in 1975.)

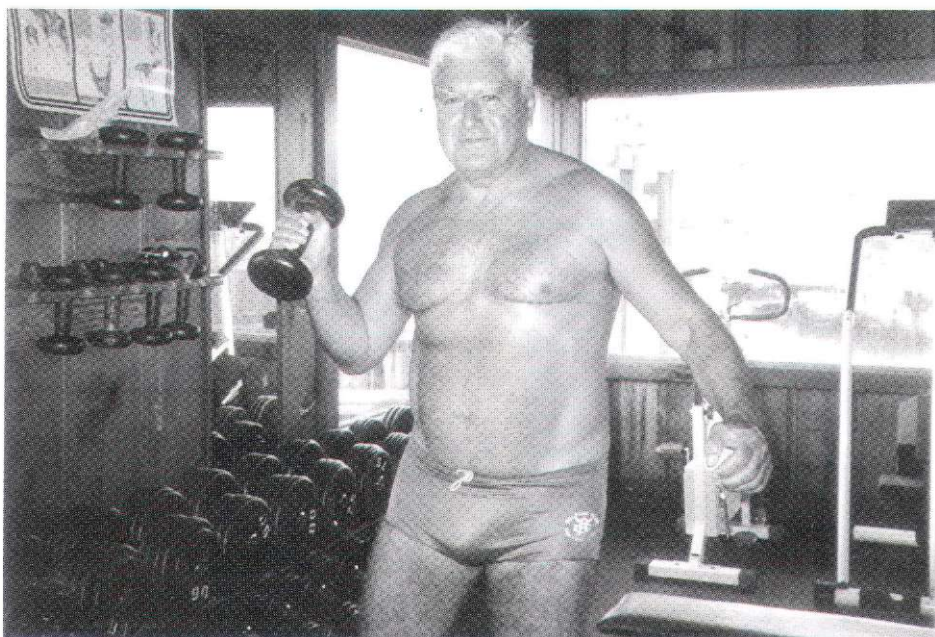
Vince Huang, who also joined in 1978, recalls that the weight room looked like "an afterthought." He became weight-room commissioner the following year and set about making improvements. His

employer, a physical-therapy clinic, was upgrading its equipment, and Vince was able to bring some of their castoffs – including the double wall pulley that's still there. He also persuaded the club's board to budget "several thousand dollars" to buy Nautilus equipment at auction, much of it still in use today: the pec machine, the back extension unit, the modular rubber matting (good-bye, patchwork carpet!), a complete dumbbell set and racks, and the dip/ab-crunch equipment on the north wall. Years later, Vince used his connections at the University of San Francisco to obtain our current squat/pull-up rack and our first set of spin bikes.

Vince also bought a swim bench – "a ploy that got many swimmers into the weight room," he recalls: "Rumor has it that George Kebbe, barely a swimmer when he joined the club, became a thrashing competitive swimmer from literally and singlehandedly wearing out the swim bench."

Vince also remembers "a huge storm with big winds, coupled with a king tide" in January 1983. "Water was rushing under the weight room almost to the kitchen, and we thought we were going to lose it. We didn't, but we lost the 'pit,' a protected sunning area shared by both clubs." Afterward, the board hired member Conrad Von Blankenburg to build a sea wall of wooden pilings in front of the weight room. And in 1986, the breakwater was constructed at the eastern opening to the cove, lessening the impact of waves.

Some members use the weight room just to warm up before a swim, but others take their workouts much more seriously. In recent years, Madhuri Yechuri has organized regular CrossFit sessions in the gym. Further back in our history, Pax Beale started weight training to treat his chronic back pain. More than a year later, he became interested in bodybuilding, and went on to become a celebrated competitive bodybuilder as well as a swimmer and runner.



Jimmy Vanya, a long-time weight room habitué.



Sophie Taggart, whose donation paid for new equipment for the weight room, stands beneath a photograph of her late husband Pax Beale. They spent many Friday-night dates here.

After Pax's death in 2016, his wife, Sophie Taggart, made donations in his honor that covered the cost of new equipment as well as ongoing weight-room improvements. "Pax and I spent many Friday-night dates working out in the weight room more than 30 years ago," Sophie recalls. "Eventually those workouts led to our successful

participation in many local and international bodybuilding contests, and eventually to our marriage." During the February 22 happy hour this year, a plaque honoring Pax's memory was mounted in the weight room.

The 2019 version of the weight room would no doubt confound

many of the "gentlemen's gym" habitués of the 1960s. Stair-climbers were added in the 1990s, when Chuck Vogt was commissioner; they were upgraded a decade ago during John Perino's tenure. Fran Collier, who succeeded John, hired a monthly service to clean and maintain the equipment; she also instituted volunteer cleaning days. Current weight-room commissioner Robert Selsted sold the old leg-press machine for \$20 and replaced it "with one that is more user-friendly and takes up less space."

Still, on a busy evening when CrossFit competes with aerobicizers and iron-pumpers, the former Keenan Dining Room can get crowded and steamy. Renovation plans submitted by Hood Thomas Architects call for increasing the gym's area by almost one-third, to 852 square feet, and reviving the concept of a dedicated dining room that doesn't share space with the wooden-boat fleet.

With the club's membership at almost 1,700 – more than six times what it was back in 1948 – we think these improvements represent an exciting opportunity, and an idea whose time has come ... again.

DOLPHIN CLUB BUILDING FUND

THANK YOU FOR YOUR GENEROUS SUPPORT

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Ivan the Remarkable

Larry Scroggins

Extraordinary characters abound at both swim clubs in Aquatic Park. And some of the outsized personalities have chalked up notable achievements out of the water. Ivan Balarin is a charter member of this group. He has compiled more than 5,000 parachute jumps from planes and promontories. Had he access to today's modern technology, that number could be well north of 10,000. However, in the days of round and relatively un-guidable chutes, Ivan spent many days in Livermore sitting and waiting out weather that wouldn't deter a well-equipped jumper today.

In 1987, he took the soloist position in the docking of eight-parachute canopies in flight, building their stack in the dead of night. Here's how Ivan tells the story:

"When we used to do stacks, it was a big thing. It's a delicate maneuver because it's easy to 'birdcage' yourself. You build the stacks from the top down. The one on the top is the pilot. He steadies his hands next to his chest so there's not too much movement of the stack. You approach the stack from the back. Never get in the front because you'd destroy the airflow and the stack will collapse. The hardest position to get in is the last, on the bottom.

As the stack forms, it travels very fast, so you have to be in position to close into the butt of the lowest man. Then you start applying brakes and you float up and he grabs your canopy and locks his legs on line number one and line number two right in the middle of the front of your chute. If you come last, the United States Parachute Association recognizes you as a 'soloist.' We had done a couple of

practice jumps earlier in the day and slapped one behind the other; boom-boom-boom-boom-boom; perfect!"

When night fell, the Beechcraft D-18 taxied down the runway, and lifted off under the light of a rising full moon. Ivan's wife, Kathleen

with this idea. In the daylight practice jumps, he had delayed the pull of his ripcord for about three seconds in order to give the stack time to form and approach it from the bottom.

For anyone who knows Ivan at all, the notion that he would subjugate his own judgment in favor of that of someone else seems ludicrous. His previous sport obsessions had been competitive fencing and weight lifting—both relatively solitary and self-directed. But he was also an astute observer and quickly discovered that parachuting is a group activity with the mind of a small village. Planes were scarce and resources shared; the obstinate or reckless were quickly and permanently ostracized. He had to go with the flow.

A flying clipper ship.

The jumpers worked their way through the black tunnel of the fuselage and flung themselves into the dark sky. As Ivan relates, "They built up the stack so fast, they caught me with my pants down! I'm following the stack almost right in the middle in the back of the third man down. No way I can close like that. I have to be under the bottom man and then work my way up like an elevator." Although he was incredibly strong from his weight training, it would have taken a superman to pull the front risers down enough to descend at the required speed. In order to avoid crashing into the middle of the stack, he veered to the left.

"When I went to the side, they all looked at me terrorized because they thought I was going to go in the front. I told them 'I'm aware' and peeled off the left, cursing myself for not following my intuition and giving myself the three second delay."

Yanking on the left riser alone, he corkscrewed himself down into the blackness until he was dizzy and disoriented, and had lost contact with the others. "Here I am, in the middle of nowhere, feeling sorry for myself because I knew that I could do



Ivan Balarin, world traveler and raconteur in his museum-home.

sat in the copilot seat. Her job was "illuminator." When the pilot nudged her, she would shine her flashlight on the instrument panel and quickly switch it off. In the days before sophisticated dashboard lighting, this was the accepted protocol for preserving night vision.

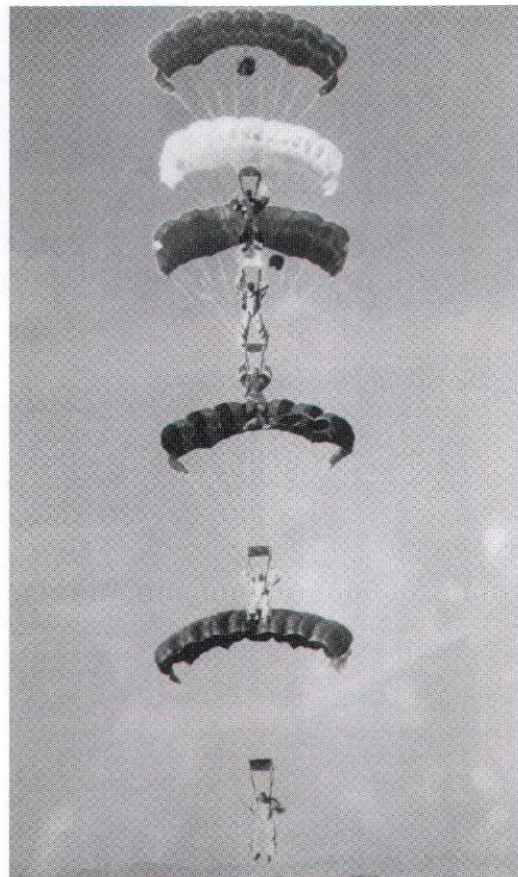
As they ascended, one parachutist told everyone that it was important that they all open their chutes at the same time, immediately after exiting the plane. Ivan was not comfortable



Ivan prepares to jump.

the job. I'm sitting in the darkness, listening to the farm dogs bark and thinking about where I am over the Livermore vineyards. If you land in those cut vines, they will tear you to pieces." Then he saw a black shadow floating past the full moon. At first he thought it was a cloud. But it was a cloudless night and clouds don't move that fast. As he looked closer, it appeared to be a flying clipper ship getting larger and larger as it

approached. "I saw the stack coming in right in front of me. As soon as it went by, I turned and flew parallel and started climbing. I could hear the voices from above, 'Ivan come in! Come in! Ivan, you can do it! Come in!' I put on the brakes and started floating right up. About 4,500 feet off the ground, I made contact—right on the bottom man's legs and the stack was complete. What a satisfaction."



A 5-man stack. Ivan was the last man to join an 8-man stack—at night.

They flew the required minute together, then, starting from the bottom, each member yelled "Flare!" in turn to signal the person on top to release the lines. This way, they landed one after another on the deserted tarmac, the 103rd team in the world to accomplish this feat.



Smile for the camera.

DOLPHIN LOG SWIM STATISTICS

NY Day Alcatraz Swim JANUARY 1, 2019

The annual New Year's Day Alcatraz swim, run by South End Rowing Club, had to be scrubbed due to weather. Instead, the swim was inside the breakwater, outside the breakwater and back to the beach. We only were able to capture places, but below is the order of finish for Dolphin Club members only.

place	name
1	Allison Arnold
2	Suzanne Heim
3	Lauren Lesyna
4	Joshua Bernstein
5	Steve Schatz
6	Hubert Chaperon
7	Duff Hearon
8	Ross Browne
9	Chris Germain
10	Matthias Fore
11	Mick Lavelle
12	Timothy Kreutzen
13	Sean Lavelle
14	Maggie Lonergan
15	John Gibbon
16	Tom Neill
17	Danny De Leon
18	Erin Figel
19	Kathleen Duffy
20	Andy Stone

Pilots Marcus Auerbuch, Jon Bielinski, John Blackman, Barry Christian, Tim Dumm, Jim Frew, Larry Heine, Terry Horn, Davis Ja, Brian Kiernan, Aniko Kurczinak, Mary Magocsy, Meredith May, Joseph Omran, Will Powning, John Robiola, Gina Rus, Eric Shackelford, Diane Walton, Rebecca Wolski, David Zovickian **Helpers** Susan Allen, Michael Barber, Andrew Cassidy, Danny De Leon, Susan Garfield, Tom Hunt, Mara Iaconi, Aniko Kurczinak, Nanda Palmieri, Ian Schmidt, John Thorpe, Ryan Utsumi, Janice Wood

Pier 41 Swim JANUARY 27, 2019

place	name	time
1	Catherine Breed	17:16
2	Allison Arnold	17:48
3	Hubert Chaperon	21:22
4	James Fahlbusch	21:35
5	Michael T-Hahn	21:37
6	Steve Schatz	22:14
7	Jaron Ness	22:29
8	Wendy Kordesch	23:33
9	Steve Carlson	23:40
10	Chris Germain	23:45
11	Tom Neill	24:08
12	John Gibbon	24:21
13	Matthias Fore	24:45
14	Erik Cufino	24:59
15	Cyrus Foster	25:35
16	Andrew Braithwaite	25:42
17	Morgan Kulla	26:04
18	Kathleen Sheridan	26:10
18	Tim Haines	26:10
20	Andy Stone	27:26

21	Mark Harrold	27:37
22	Marie Sayles	27:44
23	Nancy Booth	27:55
24	Zachary Walton	28:18
25	Derrick Rebello	28:37
26	Holly Reed	28:39
27	Wafaa Sabil	28:40
28	Mark Lenz	28:44
29	Marcy Michael	28:47
29	Keith Nelson	28:47
31	Dean Badessa	28:59
32	Kathleen Duffy	29:01
33	Tommaso Trionfi	29:04
34	Lindzy Bivings	29:07
35	Sam Suttle	29:17
36	Richard Haymes	29:30
37	Andrew Nance	29:32
38	Gretchen Coffman	29:44
39	Ken Coren	30:28
40	John Hornor	31:04
41	Bill Burke	31:19
42	Peter Neubauer	31:50
43	Terry Keenan	31:51
44	Robin Rome	31:59
45	Barry Baskin	32:58
46	Michael Barber	33:43
47	Kent Myers	34:20
48	Stuart Gannes	34:52
49	Will Powning	35:57
50	Joe Gannon	36:02
51	John Ingle	42:14

Pilots: Marcus Auerbuch, Holly Baskin, Natazha Bernie, Jon Bielinski, John Blackman, Charlie Cross, Paul DuBois, Tim Dumm, Pauline Farmer-Koppenol, Jim Frew, Brad Gambrell, Lewis Haidt, Reuben Hechanova, Larry Heine, Terry Horn, Nancy Hornor, Davis Ja, Brian Kiernan, Timothy Kreutzen, Aniko Kurczinak, Eric Lam, Robert Larson, Mick Lavelle, Grant Mays, Thomas McCall, Mikhail Melnikov, Neal Mueller, David Nettell, Hal Offen, Joseph Omran, Alexis Pope, John Robiola, Wendy Schuss, Deborah Sherwood, Scott Stark, Ryan Utsumi, Diane Walton, David Zovickian **Helpers:** Allison Arnold, Michael Barber, Barry Baskin, Lindzy Bivings, Andrew Braithwaite, Laura Burtch-Zovickian, Steve Carlson, Janine Corcoran, Peter Cullinan, Signe Curtis, Duke Dahlin, Kathleen Duffy, Joe Ferrero, Cyrus Foster, Patrick Freilinger, Susan Garfield, Brian Gilbert, Tim Haines, Richard Haymes, Tom Hunt, Terry Huwe, Morgan Kulla, Jean Lamming, Susan Lauritzen, Bianca Liederer, Linda Mahnken, Marcy Michael, Andrew Nance, Jaron Ness, Peter Neubauer, Emily Nogue, Hal Offen, Nanda Palmieri, Holly Reed, Jamie Robinson, Robin Rome, Julian Sapirstein, Mike Sesko, Carrie Sloan, John Thorpe, Caius Vannouhuys, Rebecca Wolski, Janice Wood **Test swim:** Andrew Cassidy, Janine Corcoran, Charlie Cross, Peter Cullinan, Terry Horn, Keira Koss-Baker, Aniko Kurczinak, Hal Offen, Barry Baskin, John Blackman, Gretchen Coffman, Reuben Hechanova, Liz Kantor, Brian Kiernan, Timothy Kreutzen, Thomas McCall, Mikhail Melnikov, Tom Neill, Nanda Palmieri, Ryan Utsumi

Gas House Cove Swim FEBRUARY 9, 2019

The second Dolphin Club swim of the year: a not-so-easy 1 mile swim. This year, we held the jump for 15 minutes, and the flood came on pretty strong: several people had trouble getting around the first pier at Fort Mason and had to go under it. All swimmers who finished got a qualifying swim toward Alcatraz and Golden Gate.

place	name	time
1	Joby Bernstein	15:35
2	Patrick Grady	18:12
3	Michael T-Hahn	18:51
4	Steve Schatz	18:55
5	James Fahlbusch	19:09
6	Duff Hearon	19:16
7	Tim Dumm	19:33
8	Tor Lundgren	19:45
9	Steve Carlson	19:52
10	Matthias Fore	20:10
11	John Haymaker	20:30
11	Tom Neill	20:30
13	Andrew Braithwaite	21:04
14	Tim Haines	21:18
15	Morgan Kulla	21:22
16	Stuart Moulder	21:24
17	Cyrus Foster	21:46
18	Charles Cross	21:49
19	Maggie Lonergan	22:27
19	Wendy Schuss	22:27
21	Peter Cullinan	22:45
22	Mark Cullen	23:00
23	Terry Huwe	23:03
24	Trevor Haynes	23:29
25	Nancy Booth	23:35
26	Zachary Walton	23:41
27	Keith Nelson	23:44
28	Derrick Rebello	23:57
29	Jen Sturgill	24:05
30	Mark Lenz	24:10
31	Lindzy Bivings	24:16
32	Marcy Michael	24:21
33	Tommaso Trionfi	24:23
34	Holly Reed	24:36
35	Erin Figel	24:37
36	Nancy Hornor	24:48
37	Marlin Gilbert	24:57
37	Sam Suttle	24:57
39	Tim Kline	25:00
40	Kathleen Duffy	25:19
41	John Hornor	25:26
42	Jim Frew	25:36
43	Bastiaan Koch	26:17
43	Tasha Yorozu	26:17
45	Mara Iaconi	27:11
46	Bill Burke	27:26
47	Robin Rome	27:47
48	Kent Myers	28:12
49	Bobby Lu	28:17
50	Gretchen Coffman	28:28
51	Ken Miller	28:29
52	Michael Barber	29:14
53	Donna Schumacher	29:42
54	Jeff White	29:48
55	Peter Neubauer	31:27
56	Bill Powning	32:17
57	Robert Miller	33:44
58	Debra Rose	34:33
59	John Ingle	36:25

DOLPHIN LOG SWIM STATISTICS

Susan Saylor dnf	19 Maggie Lonergan 45:16	11 Jaron Ness 43:26
Pilots: Marcus Auerbuch, Peter Bartu, Natazha Bernie, Jon Bielinski, Bob Cable, Paul DuBois, Pauline Farmer-Koppenol, Justin Fisch, Patrick Freilinger, Reuben Hechanova, Larry Heine, Terry Horn, Keith Howell, Liz Kantor, Margaret Keenan, Brian Kiernan, Timothy Kreutzen, Aniko Kurczinak, Mick Lavelle, Sean Lavelle, Harry Louie, Thomas McCall, David McGuire, Hal Offen, Alexis Pope, John Robiola, Gina Rus, Denise Sauerteig, Fiona Smythe, Scott Stark, Ryan Utsumi, Diane Walton	20 Trevor Haynes 45:25	12 Mauricio Prieto 43:39
Helpers: Michael Barber, Barry Baskin, Joby Bernstein, Peter Bianucci, Nancy Booth, Andrew Braithwaite, Bill Burke, Steve Carlson, Joe Ferrero, Matthias Fore, Cyrus Foster, Susan Garfield, Alexander Germanacos, John Gibbon, Marlin Gilbert, Brian Gilbert, Patrick Grady, Tim Haines, John Henderson, Tom Hunt, Terry Huwe, John Ingle, Wendy Kordes, Timothy Kreutzen, Morgan Kulla, Mark Lenz, Violetta Muselli, Kent Myers, Keith Nelson, Peter Neubauer, Hal Offen, Nanda Palmieri, Johanna Pirochelli, Jamie Robinson, Polly Rose, Marie Sayles, Steve Schatz, Donna Schumacher, Eric Shupert, Jen Sturgill, John Thorpe, Zachary Walton, Kathryn Werhane, Crissa Williams, Rebecca Wolski	21 Marie Sayles 45:50	13 Matthias Fore 44:12
Test swim: Andrew Cassidy, Peter Cullinan, Terry Horn, Aniko Kurczinak, Sean Lavelle, David McGuire, Hal Offen, Denise Sauerteig, Andy Stone, Jon Bielinski, John Blackman, Gretchen Coffman, Davis Ja, Brian Kiernan, Timothy Kreutzen, Mick Lavelle, Thomas McCall, Nanda Palmieri, Bill Powning, John Robiola, John Thorpe, Ryan Utsumi	22 Mark Harrold 46:17	14 Andrew Braithwaite 44:25
	23 Jason Friend 46:48	15 John Haymaker 44:55
	24 Bastiaan Koch 48:26	16 Cyrus Foster 46:15
	25 Andy Stone 50:03	17 Mick Lavelle 46:17
	26 Kathleen Duffy 51:17	18 Anna Olsen 46:26
	27 Sam Suttle 51:39	19 Tom Neill 46:57
	28 Jim Frew 51:41	20 Kathleen Sheridan 47:32
	29 Bobby Lu 51:46	21 John Gibbon 47:58
	30 Hal Offen 52:13	22 Jason Prodoehl 49:20
	31 John Hornor 52:16	23 Trevor Haynes 50:16
	32 Morgan Kulla 52:29	24 Sarah Nalle 50:26
	33 Bill Burke 53:15	25 Mark Harrold 50:53
	34 Tasha Yerozu 53:45	26 Peter Cullinan 51:08
	35 Terry Keenan 58:01	27 Nancy Booth 51:31
	36 John Ingle 1:04:30	28 Keith Nelson 52:08
	37 Michael Barber 1:05:17	29 Zachary Walton 52:46
	Pilots: Marcus Auerbuch, Natazha Bernie, John Blackman, Bob Cable, Paul DuBois, Tim Dumm, Erin Figel, Joe Gannon, John Grunstad, Larry Heine, Nancy Hornor, Brian Kiernan, Timothy Kreutzen, Aniko Kurczinak, Sean Lavelle, Thomas McCall, Stuart Moulder, Alexis Pope, Holly Reed, Philip Reiff, John Robiola, Ryan Utsumi, Diane Walton, David Zovickian	30 Morgan Kulla 52:48
	Helpers: Susan Allen, Michael Barber, Joni Beemsterboer, Joby Bernstein, Andrew Braithwaite, Steve Carlson, Andrew Cassidy, Hubert Chaperon, Kathleen Duffy, Pauline Farmer-Koppenol, Cyrus Foster, Susan Garfield, Brian Gilbert, Trevor Haynes, Duff Hearon, Amy Hosa, Mara Iaconi, Corina Kaufman, Terry Keenan, Joel Kramer, Morgan Kulla, Mark Lenz, Bianca Liederer, Linda Mahnken, Bri McCarthy, Timothy Melano, Marcy Michael, Jaron Ness, Hal Offen, Era Osibe, Jason Prodoehl, Polly Rose, Kathleen Sheridan, Eric Shupert, Andy Stone, John Thorpe, Michael Tschantz-Hahn, John Wilde, Janice Wood	31 Derrick Rebello 54:05
	Test swim: Lindsey Bivings, Andrew Cassidy, Gretchen Coffman, Sean Lavelle, Bri McCarthy, Hal Offen, John Wilde, John Blackman, Terry Horn, Brian Kiernan, Timothy Kreutzen, Aniko Kurczinak, Mick Lavelle, Maggie Lonergan, Thomas McCall, Tom Neill, John Robiola, Sibylle Scholz	32 Ben Springwater 54:15
		33 Pauline F-Koppenol 55:41
		34 Bill Burke 56:32
		35 Kathleen Duffy 57:34
		36 John Wilde 58:07
		37 Ken Coren 58:30
		38 Ken Miller 58:39
		39 Bobby Lu 59:32
		40 Lewis Haidt 1:00:33
		41 Crissa Williams 1:01:44
		42 Terry Keenan 1:06:25
		43 Donna Schumacher 1:07:12
		44 Stu Gannes 1:07:14
		45 Robin Rome 1:07:16
		46 John Ingle 1:18:26
		0 John Henderson
		Pilots: Marcus Auerbuch, Peter Bartu, Jon Bielinski, Barbara Byrnes, Barry Christian, Paul DuBois, Tim Dumm, Jim Frew, John Grunstad, Reuben Hechanova, Larry Heine, Terry Horn, Margaret Keenan, Brian Kiernan, Timothy Kreutzen, Eric Lam, Mark Lenz, Charmaine Leonard, Thomas McCall, Timothy Melano, David Nettell, Hal Offen, Joseph Omran, Donald Osborne, Will Powning, John Robiola, Denise Sauerteig, Eric Shackelford, Sam Suttle, Ryan Utsumi, David Zovickian
		Helpers: Joby Bernstein, Lindsay Boswell, Talia Brinton, Bill Burke, Laura Burtch-Zovickian, Andrew Cassidy, Hubert Chaperon, Erik Cufino, Signe Curtis, Kathleen Duffy, James Fahlbusch, Matthias Fore, Cyrus Foster, Chris Germain, Brian Gilbert, Patrick Grady, John Haymaker, Tom Hunt, Morgan Kulla, Jean Lamming, Susan Lauritzen, Cesar Manzano, Andrea McHenry, Keith Nelson, Jaron Ness, Hal Offen, Era Osibe, Nanda Palmieri, Isabella Polenghi-Gross, Neal Powers, Jason Prodoehl, Derrick Rebello, Donna Schumacher, Wendy Schuss, Jen Sturgill, John Thorpe, Tommaso Trionfi, Zachary Walton, Janice Wood
		Test swim: Lindsey Boswell, Andrew Cassidy, Peter Cullinan, Matthias Fore, Bri McCarthy, Hal Offen, Holly Reed, Denise Sauerteig, Ralph Wenzel, Jon Bielinski, Gretchen Coffman, Joe Gannon, Mark Harrold, Terry Horn, Brian Kiernan, Timothy Kreutzen, Maggie Lonergan, Thomas McCall, Timothy Melano, Nanda Palmieri, Alexis Pope, John Robiola, John Thorpe
Pier 39 Swim		
MARCH 2, 2019		
The weather was not promising until just before the swim, but then the rain stopped and the swim was enjoyed by nearly everyone.		
place	name	time
1	Joby Bernstein	29:23
2	Hubert Chaperon	32:53
3	James Fahlbusch	33:12
4	Laura Zovickian	33:13
5	Michael T-Hahn	34:55
6	Jaron Ness	36:26
7	Duff Hearon	37:04
8	Erik Cufino	40:08
9	Mick Lavelle	40:15
10	Steve Carlson	40:31
11	Kathleen Sheridan	41:06
12	Jason Prodoehl	41:12
13	Cyrus Foster	41:42
13	John Haymaker	41:42
15	Tom Neill	42:00
16	Danny De Leon	43:34
17	Kristina Kordes	44:05
18	Nancy Booth	44:10
Yacht Harbor Swim		
MARCH 23, 2019		
Because of the challenges during the test swim, the jump was delayed for 20 minutes. During the walk to the jump site, a number of participants saw a whale breach in the water along the route. However, no creature incidents occurred during the swim and there was enough flood to help the swimmers to good times.		
place	name	time
1	Joby Bernstein	33:31
2	Hubert Chaperon	38:50
3	Patrick Grady	39:22
4	David Holscher	39:47
5	James Fahlbusch	40:26
6	Steve Schatz	41:01
7	Laura Zovickian	41:11
8	Michael T-Hahn	42:28
9	Anna Schatz	42:40
10	Cesar Manzano	42:50

2018-1019 POLAR BEAR PRELIMINARY RESULTS

2018 - 2019 Polar Bear
December 21 to March 21

count	f.name	l.name	# of miles	OG/V?	notes
1	Randall	Edwards	140		
2	Tom	Neill	130	OG	
3	Hal	Offen	125	OG	Swam all 91 days
4	Luca	Pozzi	110		
5	Catherine	Breed	103.5		
6	Chris	Wagner	100		
7	Mauricio	Prieto	93		
8	Charles	Cross	87	OG	
9	Matthias	Fore	86.25	V	
10	Peter	Cullinan	86	OG	
11	Laura	Merkel	81	OG	
12	Lauren	Lesyna	78	V	
13	Andrew	Cassidy	75	OG	
14	Holly	Reed	72	OG	
15	Cesar	Manzano	70		
16	David	Holscher	68.5		
17	Kamran	Atabal	66		
18	Ryan	Utsumi	66		
19	Jamie	Robinson	65.5	OG	
20	Neal	Powers	65	OG	
21	John	Gibson	64	V	
22	John	Haymaker	64		
23	John	Ottersberg	61.75		
24	Marcy	Michael	60.5		
25	Jeremy	Wallenberg	60	V	
26	Lauren	Au	53.5		
27	Laura	Burtch-Zovickian	52		
28	Joseph	Illick	52	OG	
29	Pieter	Kruit	51.25		
30	Keith	Howell	51	OG	
31	Bastiaan	Koch	51	V	
32	Arnold	Oji	50.75		
33	Andrew	Braithwaite	50		
34	Hubert	Chapelon	50		
35	Erik	Cufino	50		
36	Duff	Hearon	50		
37	Vincent	Huang	50	OG	41st consecutive PB
38	Alex	Migoushov	50		
39	Jaron	Ness	50		
40	Jerad	Slagle	50		
41	Mara	Iaconi	48.5		
42	Wendy	Schuss	48.5	V	
43	Bob	Cable	47		
44	Morgan	Kulla	47	OG	
45	Maggie	Loneragan	46.5		
46	Crissa	Williams	46.25		
47	Gabriella	Cross	46	OG	
48	Brian	Kierman	46	OG	
49	Wolfgang	Richter	46	OG	
50	Wafaa	Sabil	46		
51	Madhuri	Yechuri	46		All Fly
52	Lindsay	Boswell	45	OG	
53	Ross	Browne	45		
54	Chris	Germain	45		
55	Terry	Horn	45	OG	
56	Nancy	Lange	45	OG	
57	Larry	Scroggins	45		
58	Keira	Koss-Baker	44.5		
59	Mark	McKee	44	OG	
60	Ken	Miller	44	OG	
61	Sona	Sondhi	44	V	
62	Timothy	Melano	43.5	V	
63	Ward	Bushee	43	OG	
64	Marc	Cruciger	43	OG	
65	Kathleen	Duffy	43	OG	
66	Cyrus	Foster	43	V	
67	Pejman	Haghighi	43		
68	Dmitry	Kosorukov	43		
69	Cameron	Morris	43	V	
70	Steve	Schatz	43		
71	Andrew	Wynn	43		
72	Michaelynn	Meyers	42.75	OG	

73	Derrick	Rebello	42.75	V	
74	Jim	Frew	42.5		
75	Stuart	Gannes	42.5	OG	
76	Kate	Matthay	42.25	OG	
77	Michael	Barber	42		
78	Clint	Callan	42	OG	
79	Daniel	Handler	42		
80	Mark	Harrold	42		
81	Brian	Johnson	42	V	
82	Mick	Lavelle	42	OG	
83	Tor	Lundgren	42		
84	Michael	Matthay	42	OG	
85	Patrick	Murphy	42		
86	Jason	Prodoehl	42		
87	Kathleen	Sheridan	42		
88	John	Stassen	42		
89	Hernani	Tosoc	42		
90	John	Wilde	42		
91	Terry	Keenan	41.75		
92	Ted	Tilles	41.75		
93	Thomas	Brown	41.5		
94	Bill	Burke	41.5	OG	
95	Susan	Garfield	41.5	OG	
96	Gavin	Jefferies	41.5		
97	Andy	Stone	41.25	OG	
98	Steve	Carlson	41	V	
99	Alexander	Housser	41	V	
100	Sergei	Khorochov	41	OG	
101	Daragh	Powers	41	OG	
102	Ben	Springwater	41		
103	Laura	Vartain Horn	41		
104	Camila	Pesce	40.75		
105	Sean	Lavelle	40.5		
106	Charmaine	Leonard	40.5		
107	Sarah	Nalle	40.5		
108	Donald	Osborne	40.5		
109	Deborah	Sullivan	40.5		
110	Rebecca	Tilley	40.5		
111	Alex	Buehlmann	40.25		
112	John	Hornor	40.25	OG	
113	Peter	Baderstcher	40		
114	Jim	Barron	40	OG	
115	Peter	Bartu	40		
116	Barry	Baskin	40	OG	
117	Michael	Caniglia	40		
118	Gretchen	Coffman	40		
119	Victor	Crittfield	40		
120	Amanda	Ernaer	40		
121	Trevor	Haynes	40		
122	Peter	Hollingsworth	40		
123	Kristina	Kordes	40	V	
124	Wendy	Kordes	40	V	
125	Timothy	Kreutzen	40		
126	Aniko	Kurczinak	40	OG	
127	Kerry	LaBelle	40		
128	Mark	Lenz	40	OG	
129	Blanca	Liederer	40	V	
130	Bobby	Lu	40	V	
131	John	Mervin	40		
132	Robin	Rome	40	OG	
133	Aaron	Rosenthal	40		
134	Susan	Saylor	40		
135	Suma	Snehalatha	40		
136	Bob	Tandler	40	OG	
137	Elaine	VanVleck	40		1st to 40: 1/9/2019
138	Richard	Wallace	40	V	
139	Ralph	Wenzel	40		
140	Darcy	Wettersten	40		
141	Joni	Beemsterboer	38.5	OG	
142	Peter	Neubauer	35.5	OG	
143	Rusa	Chiu	34.25	OG	
144	Joe	Gannon	34	OG	
145	Vic	Pizarro	30	OG	
146	Monica	Towers	29	OG	
147	Nancy	Hornor	28.5	OG	
148	Rey	Hassan	28	OG	
149	Rudeen	Monte	27	OG	
150	Joseph	Omran	27	OG	

151	Duke	Dahlin	26.5	OG	
152	Milan	Odehnal	26	OG	
153	Donna	Schumacher	26	OG	
154	Heidi	Howell	25	OG	
155	Lolly	Lewis	25	OG	
156	Debra	Rose	25	OG	
157	Terry	Huwe	24	OG	
158	Kathryn	Werhane	24	OG	
159	Thomas	McKinley	23.25	OG	
160	John	Dugan	22.75	OG	
161	Helen	McKinley	22.75	OG	
162	George	Wade	22.5	OG	
163	Jon	Nakamura	22	OG	
164	Claire	Trepantier	21.75	V OG	
165	Krist	Jake	21.25	OG	
166	Jan	McCall	21	OG	
167	Kenneth	Frank	20.5	OG	
168	Joseph	Mannion	20.5	OG	
169	Suzanne	Heim	20.25	OG	
170	John	Threde	20.25	OG	
171	Willi	Powning	20	OG	
172	Arnie	Sasaki	20	OG	
173	Janice	Wood	20	OG	
174	Alice	Ma	43.75	SERC	
175	Joe	Butler	42	SERC	

Nancy Booth claims her reward on completing the Pier 41 swim



Photo Bill Burke

The Magnificent Polar Bears

2019: Let us celebrate our challenges!

What's your personal Dolphin challenge this year? Swim and/or row and/or play handball, more often, other places, further, faster? Name it, do it... You are in the right place, in the right community, to achieve it! And of course there are the institutional challenges here. How can we be the best Club for 1700ish Dolphins? What practices and policies allow us to be our best? What changes would help? What holds us back? These are the big questions we are looking at this year. And then there are the concerns that reach us from the outside world... "Aquatic Park sits at the confluence of geography and history, the connection of local and federal lands, and the coming together of commercial and civic uses- and it is challenged by aging infrastructure, sea level rise, and the myriad demands of a dynamic city" is the beginning



of the report from the 2018 summer interns looking at our neighborhood. (As so often happens, the kids say it so well!)

The challenge before us, as extreme users, whether at the Save Aquatic Pier workgroup, with the Superintendent and the Supervisors, in the neighborhood, or with our Congressional delegation, is how best to proceed to protect/repair/reimagine /rebuild/ save/fund Aquatic Park (aka Muni) Pier. The National Park Service has turned in a \$130 million ask for a rebuild of the iconic pier; we want to be ready with details when the answer is YES. It is an ongoing adventure of connection amongst us, and with our governmental partners. Other highlights include working on the Port and City's seawall project, with the City and BCDC on our renovation considerations, and with the City on our lease and on the emergency medical services and safety requirements for our swims. Grateful to be part of the Dolphin community,

Diane

Do the best you can until you know better. Then, when you know better, do better. —Maya Angelou



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2012 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Tue TBD	*New Year's Day Alcatraz
Jan 1	Tue TBD	New Year's Day Cove Swim
Jan 27	Sun 9:30 am	*Pier 41
Feb 2-3	Sat/Sun 12:00	24-hour cove relay
Feb 9	Sat 10:00 am	*Gas House Cove
Feb 10	Sun TBD	Old Timer's Lunch
Mar 2	Sat 9:00 am	*Pier 39
Mar 21	Thu 11:00 pm	End of Polar Bear
Mar 23	Sat 10:00 am	*Yacht Harbor
Apr 7	Sun 9:00 am	*Dick Beeler Crazy Cove
Apr 14	Sun 11:30 am	*John Nogue Swim for Science Pier 15
Apr 27	Sat TBD	McCovey Cove Regatta
May 4	Sat 9:30 am	*Coghlan Beach (fun swim)
May 12	Sun 9:00 am	*Bay Bridge
May 18	Sat TBD	Rowers Festival
Jun 1	Sat 9:00 am	*Gas House Cove (fun swim)
Jun 1	Sat 5:00 am	100-Mile Swim Begins
Jun 15	Sat 9:00 am	*Pride Swim
Jun 29	Sat 6:00 pm	*Under 30 & 30-45
Jun 29	Sat 6:00 pm	*Doc Howard Over 45
Jul 14	Sun 9:15 am	*Crissy Field
Jul 20	Sat TBD	Trans Tahoe
Jul 27	Sat 9:30 am	Walt Schneebeli Over 60 Cove
Aug 3/4	Sat/Sun	*Santa Cruz Pier Swim
Aug 11	Sun TBD	Baykeeper Relay
Aug 31	Sat 10:00 am	*Fort Point
Sep 14	Sat 10:00 am	Dolphin/South End Triathlon
Sep 21	Sat 7:30 am	Escape from Alcatraz Triathlon
Sep 28	Sat TBD	Swim Across America
Oct 6	Sun 8:15 am	*Joe Bruno Golden Gate
Oct 19	Sat 9:30 am	*Alcatraz
Oct 26	Sat TBD	Angel Island Regatta
Oct 31	Thur 11:00 pm	100-Mile Swim Ends
Nov 9	Sat TBD	Pilot Appreciation Dinner
Nov 24	Sun 5:00 am	Grizzly Bear Challenge
Nov 28	Thur 9:00 am	Thanksgiving Day Cove
Dec 15	Sun 9:00 am	New Year's Day Qualifier & Holiday Brunch
Dec 21	Sat 5:00 am	Polar Bear Swim Begins
Dec 31	Tue 11:00 pm	Grizzly Bear Challenge Ends

ROWING TRAINING

These Saturdays as 9:00 am

January 19
February 23
March 23
April 20
May 18
June 22
July 20
August 24
September 21
October 19
November 23
December 21

Intro to bay swimming *usually*
offered on the Saturday or
Sunday following the monthly
Board Meetings, check website
www.dolphinclub.org

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members, who are current on their dues and fees and in good standing.
 2. Swimmers must have current USMS membership, or USA Swimming membership, as appropriate and abide by each organization's rules and requirements.
 3. Swimmers are required to wear orange caps on all scheduled swims.
 4. Swimmers cannot use swim aids including fins and wet suits, on any timed scheduled swims.
 5. New members are not eligible to swim in scheduled out-of-cove swims for either 6-months from the start of their membership, or before successfully completing the 100-mile swim, the Polar Bear swim, or the Accelerated Out-of-Cove process.
 6. All out-of-cove swims require a pilot: swimmer ratio of 1:3.
 7. Time limits may be imposed at the discretion of the Swim Commissioner(s).
 8. All Club boats are reserved for scheduled swims. Co-pilots are encouraged. Riders are prohibited.
 9. Swimmers must register during check-in and attend the swim briefing in order to swim.
 10. To swim Golden Gate or Alcatraz, members must successfully complete at least three qualifying swims and help on at least three swims.
 11. Out-of-town members must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 10 above.
- (Nothing in the above rules shall contravene any applicable Federal laws and statutes.)

Alcatraz Island
1.4 miles

Fort Point
3.5 miles

Yacht Harbor
1.5 miles

Gas House Cove
1 mile

Aquatic Park Cove

Crissy Field
2.5 miles

Pier 41 1/2
1.2 miles

Pier 43
1 mile

SUMMER 2019

DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



Once 'Round the Cove

Dolphin Log

Keith Howell, *Editor*
Joe Illick, *Editor*
Sunny McKee, *Graphic Designer*
Andrew Cassidy, *Swim Stats*
Story Rafter, *Proofreader*

Club Archivist

Morgan Kulla

Published By

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& Boating Club
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San Francisco, CA 94109
www.dolphinclub.org

Cover: Dolphin and Ice Swimming
Championship contestant Quinn
Fitzgerald keeps warm in Murmansk,
Russia with a couple of mascots

Printer: PrePress Assembly

Editorial Policy

Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.

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President: Diane Walton
Vice President Davis Ja
Membership Director Janice Wood
Treasurer: Chris Wagner
Recording Secretary: Andrea Morgan
House Captain: John Horner
Boat Captain: Jon Bielinski

Board of Governors

Jay Adams, Natazha Bernie, Ken Coren,
Jay Dean, Lee Hammack, Joe Marena,
Nanda Palmieri, Dave Zovickian

Club Manager: John Ingle

Swimming

Swim Commissioners: Ryan Utsumi, Tim
Kreutzen, Kathleen Sheridan
Check-in: Eric Shupert
Clean-up: Neal Powers
Clothes Wrangling: Rebecca Wolski
Galley Captain: Nanda Palmieri
Intro to Bay Swimming: Lolly Lewis, Rose
Levien
Swim Trinkets: Margaret Keenan
Timing: Polly Rose

Rowing

Rowing Commissioner: Eric Lam
Lake Merced Captain: Jim Storm
Power Boat Commissioner: Larry Heine
Kayak Training: Terry Horn, Brian Kiernan
Pilot Training: Jon Bielinski
Shell Training: OPEN
Wooden Training: Eric Lam, John Robiola
Grizzly Challenge: Fiona Smythe
Motorized Skills and Safety Training: Larry
Heine, Holland Ja, Mark Gustin

News from the Archives

The Dolphin Club now has a database for the Archives!

After three years of research and four months of testing, we chose CatalogIt and in April the Board approved the subscription. CatalogIt is a cloud-based mobile and desktop software application produced by a new company based in the East Bay. Maybe being local is why the support is so fantastic!

On this database, we can enter photographs, key documents, artifacts, architectural plans, etc., and eventually the boats. Each entry will store photos and information on the object, its location, and relationships to other objects. CatalogIt is of course searchable which will help with the many research requests from members, the Board, and others. In the future members, outside researchers, and the public will be able to view much of the Archives on-line.

This database will go a long way to help achieve the stated goals of the Archive Project from its start in 2014, namely to organize and preserve Club records, artifacts, and photos, and to make them accessible to Officers/Board, Club members, and researchers.

I need all members' help on something.. Over 300 artifacts and artworks in the Archives are on display at the Club. They are numbered near lower right corner, and the location is recorded in the catalogue. The photographs on display will also be catalogued and numbered. Members occasionally move (and even make disappear) artifacts; this makes my job tough. I appeal to everyone to tell me when you move something and where

you put it!
(archives@dolphinclub.org)

Finally, I have a correction to the caption of a photograph in the "News from the Archives" in the Spring 2019 Log. The photograph shows members posing at the very first Dolphin Club boathouse, which the Club used from about 1877 to 1896. The caption should read: "Dolphins pose at the Club's original boathouse."

In December 2018, out of the blue, a couple came by the Club to donate this spectacular photo, which none of us had ever seen before. BTW, the Club is now only on its second boathouse, which was finished in 1896, though it has since been moved twice and enlarged.

Morgan Kulla

Lawton Hughes' Sweatshirt

Artifact 085



Description
Royal blue Dolphin Club long sleeve sweatshirt with half zipper in front; white Dolphin Club logo is printed on front left, above log is name "Lawton" in white machine stitch; on back is printed "Coach" in white

Dimensions

Height 32 in Width 25 in

Materials

Material Cotton Acrylic blend
Zipper

Location

Current Location

Room Staib Room Cabinet/Display Case
Trophy Cabinet

Shelf

Bottom left

Location Notes Pinned to wall of Trophy Cabinet

Condition

Overall Condition Good

Relationships

Related Person/Business

Related Person or Business

Lawton Hughes



Entry for Lawton Hughes' sweatshirt

Other Athletics

DC/SERC TRI Captain: Open
EFAT: Gina Rus
Handball Captain: Paul Brady
Running Commissioner: OPEN
Weight Room Captain: Robert Selsted

Lockers

Women's Captain: Jane Mermelstein
Men's Captain: David Zovickian

Club House

Gardens: Susanne Fredrick, Andy Stone
Deck Landscape: Steve Krolik
Green Team: OPEN
Pier & Deck Hands: Stephen Crawford

Social

Entertainment Commish: Robin Rome
Book Club: Kate Matthay, Anne Sasaki
Club Mixer: Todd Bloch, Nanda Palmieri
DC Forum: Joe Illick
Event Requests: Janice Wood
Ukulele Club: Carolyn Hui

Communications

Comm Committee: Andrea Morgan
Facebook: James Dilworth
Group.io: James Dilworth
Instagram: Graham Tibbets
Twitter: Nancy Friedman
Website Manager: Alana Harrington

Lost & Found

Club & Women's Locker Room: Piper
Murakami
Men's Locker Room: Hal Offen

Other

Dolphin Foundation: Chris Wagner
DC Youth Swim Fund: Diane Walton
Fundraising Committee: OPEN
Government: Ken Coren, Meg Reilly
Renovation Committee: Jay Adams, Peter van der Sterre
Save Aquatic Park Pier: Diane Walton
Swag: Andrea Morgan
Volunteer Coordinator: Natazha Bernie

DOLPHIN SWIMMING AND BOATING FOUNDATION

Preserving the Boathouse for Future Generations

IRS grants 501(c)(3) status to the Dolphin Swimming and Boating Foundation

It's been a long and winding road, but we're pleased to announce that the Dolphin Club's charitable foundation is now open for business. The Dolphin Swimming and Boating Foundation, a 501(c)(3) nonprofit, accepts donations for maintaining and improving our building; providing public access (as required by our lease from the San Francisco Recreation & Parks Department); and supporting the education programs we offer to the public, such as Introduction to Open Water Swimming and Boat Night.

The Dolphin Club Board of Directors approved the creation of the foundation in 2018, with club officers Reuben Hechanova, Davis Ja, and Chris Wagner leading the process. Why did it take more than a year to realize our goal? Well, we had to create a separate corporate entity with independent governance, bylaws, financial systems, and board of directors. We had to submit federal and state applications. Then the process was delayed by the federal government shutdown in early 2019. Finally, in February 2019, the IRS granted 501(c)(3) status to the Dolphin Swimming and Boating Foundation.

The new foundation is the successor to the Dolphin Club Building Fund Committee, which

was formed in 1998 by Meg Reilly, Sunny McKee, Mark McKee, and Anthony DuComb to develop and maintain an additional source of capital for major building-related projects. Since the fund's creation, club members' donations have helped renovate the women's locker-room (1999), replace our dock (2008), replace the lockers in the women's locker room (2010), replace the boiler (2017), paint the building (2018), and complete many deck and dock repair projects. Current and past boards, and all members, are indebted to the building fund committee for establishing and stewarding the Building Fund.

San Francisco Parks Trust originally hosted the fund; in 2011 the committee transferred the fund to San Francisco Baykeeper, maintaining the original purpose of supporting the building, deck, and dock. Our agreement with Baykeeper will end this year and the Dolphin Club Board has authorized the transfer of all our funds to the new foundation, maintaining the original purpose of supporting the building, deck, and dock. We're thankful for Baykeeper's support, and we encourage our members to contribute to Baykeeper's work to keep our Bay clean.

Creating our own affiliate 501(c)(3) entails more administrative

and volunteer effort from club members. However, eliminating third-party hosting fees (typically 5 to 10 percent of all donations) means we'll keep more of the money donated. It also makes it easier for members to contribute to the club.

For the foundation to keep its 501(c)(3) charitable status, it must adhere to its purpose and maintain separation from the club. The club is a 501(c)(4) nonprofit social membership organization formed for the benefit of its members, not for charitable purposes. As with the Building Fund, the foundation cannot support initiatives that benefit club members exclusively. For example, the foundation will not support a boat purchase, an out-of-cove swim, or any other activity that is restricted to club membership.

Our thanks to all the members who have generously donated in the past. We encourage all members to consider contributing to preserve our boathouse for future generations. To donate, visit dolphinfoundationsf.org. The Dolphin Swimming and Boating Foundation is a 501(c)(3) organization, EIN #82-4883113. Donations are tax-deductible to the fullest extent allowable by law.

-Chris Wagner, Treasurer



The Dolphin Club boathouse, built in 1896 at the foot of Van Ness Ave, was moved to its current location in 1939.

How to DONATE
Go to [**Dolphinfoundationsf.org**](http://Dolphinfoundationsf.org)
-Send a check
-Donate online
-Make a gift of stock
-Memorial and tribute donations
-Planned giving

2019 Foundation Board
- Randy Edwards, *President*
- Charlie Cross, *Treasurer*
- Suzanne Heim, *Secretary*
- John Hornor
- Chris Wagner
- Diane Walton

Where have you gone, Tom DiMaggio?

"Tom DiMaggio wins handball," trumpets the San Francisco Chronicle, reporting on Tom's recent success in the Dolphin Club's 1941 handball tournament.

by Linda Mahnken



Photo: Kim Howard

Handball has an over 100-year history at the Dolphin Club and is a fun, healthy, and ambidextrous exercise for anyone at any level. National Champion Tracy Davis leads handball clinic in a low sidearm stroke. Left to right: Janie Bryant (SERC), Linda Mahnken (DC), Tracy Davis (SERC), Mee Lee (DC), Colleen MacDonnell (SERC).

Although many Dolphins have only a hazy idea of how to find the handball court, handball has a thriving history at the Dolphin Club. In 1958, one in five members was a handball player, and Dolphin handball happenings have been reported in the San Francisco Chronicle since March 1912. And, yes, baseball great Joe DiMaggio's older brother, Tom, was an avid Dolphin handball player. You'll surely recognize the name of a competitor in that same tournament: Sal Sancimino – the man whose family name graces our turret lounge and whose historic Swan's Oyster Depot has earned acclaim from locals and celebrities including Bing Crosby and Anthony Bourdain.

Handball is as San Francisco as the Gold Rush, with the first "handball alley" established in 1851 at the Shamrock Saloon and Ball Alley at 543 Market Street. As handball's popularity grew, more courts popped up South of Market in the 1880s and 1890s. An 1891 St. Patrick's Day match lured contestants with a \$40 purse – that's about \$1,126 in 2019 dollars. A frequent player in these matches was Dolphin legend James J. Cronin who joined in 1891 and

played handball on a makeshift court in the locker room. He went on to hold almost every club role including President during the 1906 Great Earthquake and Fire.

Dolphin handball rides the updraft

Although handball courts fell to the 1906 flames along with much of the city, the sport bounced back with Dolphin handball riding the updraft. In May 1910, a motion was carried that "a committee be appointed to look into the advisability of having a handball court." A second handball court was built in 1923, and six years later, Joe Bertrand represented the Dolphin Club at the formation of the Northern California Handball League.

Meanwhile, handball's growing popularity reached another SF landmark. While Dolphins rowed around Alcatraz, Al Capone strummed his banjo in the "The Rock Islanders" prison band and partook in other recreational activities. In a 1938 letter to his son, he wrote "Now Son about me, please do not worry, as when you see me again, you sure will be surprised, in fact Junior, I am 7 1/2 pounds under 200, Ha Ha, and in good shape. My routine here is Morning Yard, I mean the amusement

Yard, Baseball, Horseshoe Courts, and Hand-ball courts." Prison is a natural fit for handball with minimal equipment needs and, well, a lot of walls. A 1949 report mentions that Alcatraz inmates were allowed to purchase "one dozen handballs, one ream legal paper, one fountain pen, one ruled tablet, one handball glove, and ink for the fountain pen."

An ambidextrous attitude

At its simplest, handball only requires a ball and a single wall -- although modern handballers usually wear handball gloves and goggles for protection. One player uses their hand to hit the ball against the front wall, and their opponent tries to do the same before the ball can bounce on the floor twice. Handball courts can have 1, 3, or 4 walls and can be played with a variety of ball sizes, weights, and bounce. Handball matches can be singles or doubles. Handball players should be able to hit the ball with their right and left hand with equal skill. This is an intriguing change from racquet sports in which players typically hold the racquet solely in their dominant hand. This ambidextrous approach fits in perfect harmony with other Dolphin sports



Tom DiMaggio (elder brother of Joe) was a Dolphin Life member (1940-1980 and an avid handball player. At a 1947 handball dinner at the Joe DiMaggio Grotto on Fisherman's Wharf, Tom celebrates with fellow Dolphins. Front row left to right: Leo La Rocca, Tom Di Maggio, Joseph Gelardi, Mike Scafani.

including swimming, rowing, and weight training.

"It's fun!" enthuses Dolphin president Diane Walton. Dolphin Mee Lee is quick to agree. Mee started playing handball in April 2018 and has

already played in novice tournaments. "It's a fun way to work out and play a sport with so much history."

Even long-time players still relish a challenging handball match. Dolphin Dick Keltner started playing at the

Photo: Jerry Hawryluk at Jake Toshi's Restaurant



Champions of the Dolphin 1959 handball tournament display their trophies including Jimmy Vanya (top row, far left) and Dino Landucci Jr. (middle row, second to right). Dolphins were active outside the club as well, playing against the Olympic Club, the Elks, the Jewish Community Center, the SF Young Men's Institute, and others.

For the Handball Inquisitive

To see handball in action, swing by the Dolphin court's stadium seating on a Thursday evening to watch Paul and Dick's weekly match, or wander over to a SERC-hosted Friday Happy Hour and observe handball players through the windows in their bar area.

If you are intrigued by handball, commissioner Paul Brady welcomes members to contact him. The best way to reach him is by giving him a call. His number is on the chalkboard by the court.

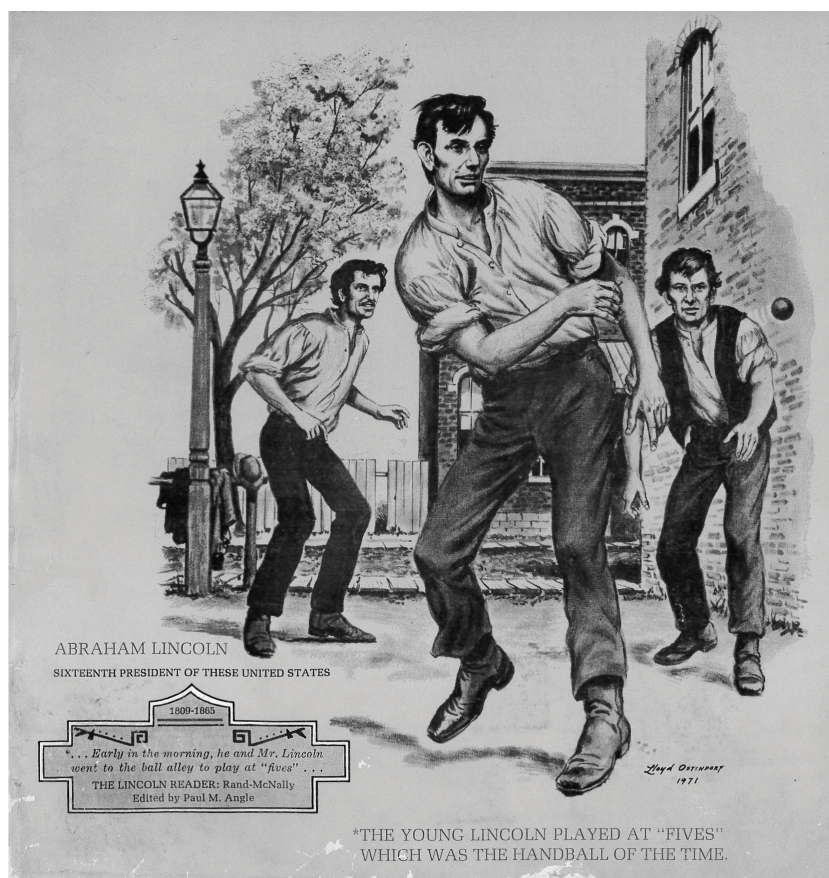
A second resource is our next-door neighbor. SERC's Kim Howard has a passion for encouraging women to play handball and has been very welcoming to Dolphin participants. Fourteen Dolphin women have already expressed interest in participating in SERC's weekly women's beginner clinics. The beginner clinics rely on coaching from experienced players, with Juan Carlos Ocampo taking the lead and others stepping up as well. Juan Carlos remembers how his own game was transformed after an experienced player gave him some tips. "When you know how to hit the ball, how to move your feet and get into position, you enjoy the game more."

Mee Lee is a beneficiary of this generosity of spirit. "Kim invited me to come play on a Saturday. A guy gave me a ball, gloves, and goggles and told me what to do." Now she's hooked! "When Carlos started teaching the clinics, it brought everyone together to learn the basics, get the rules, and learn technique," she says.

Look around you. You'll not merely find sympathetic eyes, but a community of enthusiasts willing to help.

Linda Mahnken

fire department in 1969, played after he joined the Dolphin Club in 1984, and still loves it. Happy 50th Handball Anniversary, Dick! Handball Commissioner Paul Brady started playing handball in the army and continued after joining the Club in 1990. Together with Dick and a small cohort of handball enthusiasts, he plays every Thursday at the Club.



When Abraham Lincoln was a lawyer in Springfield, writer Al Hunter says he "often played handball in an alley by the Illinois State Journal newspaper office to ease his stress." Re-printed with permission of US Handball Association, Tucson, AZ.

In addition to being fun, Dick and Paul emphasize that it is a good workout! This sentiment is echoed by Jonathan Epstein who penned an article in the 2005 Dolphin Log explaining that, for him, handball "has always been the perfect combination of great aerobic exercise, competition and, most of all – fun. There really is no better full-body workout."

Winner of 24 national handball titles, Tracy Davis (a SERC member) keeps herself in top condition for strenuous play on the pro circuit, but says it's not only about physical fitness. "It's a workout for the brain and body at the same time." While the ball is ricocheting off walls at high speeds, you have to focus on your strategy in coordination with muscle memory in order to get the next point. You also have to analyze where the ball is going to be, anticipate what shot your opponent is going to make next, and decide which is the best shot to make to force your opponent out of position. "As long as I've been playing, I'm still fascinated by it!"

Handball is also an excellent outlet for stress and frustration. In a 1928

article on men's health, SF Chronicle writer Al Williams recommends handball for the extreme "grouch" because it "has the advantage of giving you an opportunity to work off your temper on something that won't mind very much." He concludes by saying "Every steam engine has its safety valve." Even Abraham Lincoln played handball (his contemporaries called it "fives") for stress relief, including while waiting to hear if his bid for his party's presidential nomination was a success. Lincoln's handball, found in 1950, is now on display in the Smithsonian.

A sport for the moon

This perfect storm of fun, ambidextrous virtuosity, physical conditioning, fast reflexes, mental focus, and stress relief may be the reason why handball was part of the astronauts' training regime in the 1960s. In his study of the astronauts, writer Norman Mailer

reflects, "coordination between hand and eye was crucial, the cool nerve of the hunter was crucial, and the competition among all those keyed-up egos competing with their quick reflexes for the same few limited Apollo seats – well, handball was no surprise." As Alan Shepard entered the Freedom 7 rocket to attempt the first American flight into outer space, he found a sign taped in the cramped cockpit: "No Handball Playing Here." In response to the Apollo 11 moon landing, the Irish Press quipped, "When the Americans decide to introduce sport to the moon, there is no reason to believe that it will not be handball."

While astronauts dreamed of playing handball on the moon, that same decade saw the heyday for Dolphin handball. Starting in 1961, the Dolphin held an annual Handball Awards Dinner Dance tradition, which peaked in May 1966 with a turnout of 136 guests for a sit down prime rib dinner and dancing to a live band until 1 am. Ticket price: \$4.00.

The sport has seen a slow decline since the 70s across the nation and only a few Dolphins play regularly. But now while the club turns its lonely eyes to handball, the sport hasn't left and gone away. The handball programs at SERC and the Olympic Club are vibrant and thriving.

Photo: Linda Mahnken



Life members Paul Brady (right) and Dick Keltner (left) engage in their weekly handball battle. Jonathan Epstein wrote about the duo, "Paul Brady, our handball commissioner, is a tenacious competitor... . Dick Keltner covers the court like a tent."

A Handball Timeline

- 1851** – First handball alley in San Francisco at the Shamrock Saloon and Ball Alley, 543 Market Street
- 1911** – Club Meeting Notes: “Motion carried that the club build a handball court.”
- 1912** – The San Francisco Chronicle’s first report on a Dolphin handball tournament.
- 1923** –DC builds second handball court known as “Court B.”
- 1928** –DC hosts the final of the Pacific Coast handball singles championship
- 1929** – Joe Bertrand represents the DC at the formation of the Northern California Handball League
- 1941** – Tom DiMaggio, brother of Joe, wins handball match with scores reported in the SF Chronicle.
- 1942** – SF Chronicle reports a “Handball Boom” in San Francisco.
- 1946** – Dolphin Club meeting motion passed to turn handball court “B” into a workshop.
- 1955** – April membership drive specifies, “You know the kind of members we want - the same high caliber that were brought in last year - men who are interested in aquatics, handball, and good fellowship.”
- 1958** – “Handball will be King for the next four months at the Dolphin Club.” In the 1958 singles tournament, there were four classes: first, second, third, and novice.”
- 1958** – “Nearly one out of every four of our regular members swim the Golden Gate. 90% of our membership knows how to handle a boat on the bay. One out of every five members play handball.”
- 1960** – Handball Commissioner Ray Beliuomini promotes “quickie” tournaments to “keep the members in practice and stimulate interest among the novices.”
- 1982** –*Dolphin Log*: Recent threat of conversion of the handball court to racquetball brought out a storm of protest.
- 1993** – *Dolphin Log*: Dolphin Dick Keltner victorious with his doubles partner John Apple ... in the Golden Masters Division of the Pennsylvania State Doubles Tournament...He attributed his winning performance in part to tough competition at the DC. He mentioned Jonny Epstein’s lethal ceiling shot.
- 1995** –The handball court’s hardwood floor was sanded and refinished by Paramount after filming “Jade”.
- 2003** – Dolphins Craig Lawrence and Aristotle Smith win SERC’s - Annual Cinco de Mayo Handball Doubles Tournament.
- 2018** – SERC welcomes DC women to participate in their women’s handball clinics, and DC women participate in the west coast’s first Ladies Handball Tournament.

A new awakening

A new interest in women’s handball at the South End, driven by Kim Howard, has led a few curious Dolphins to give handball a try. In addition to participating in novice clinics, a pod of Dolphins (Erin Figel, Mee Lee, Linda Mahnken, and Diane Walton) participated in the SERC-hosted 2018 Ladies Handball Tournament – the first such tournament on the West Coast. This enthusiasm for women’s handball has bounded over to the Olympic Club, too, and Dolphin women have joined in friendly matches hosted at the winged O’s courts.

Even though most of the players had no previous experience with handball, they are enjoying it now. “Anyone can excel at handball” says Tom Sove, President of the Northern California Handball Association. “You can be short or tall, old or young, ...People play for health reasons, for competition, and for the camaraderie.”

Friendships generated from handball is a theme that comes up often when chatting with handballers. “When I’m out on the court, I’m all business; but off the court I’ve made friends for the rest of my life. It’s one of the coolest parts [of the sport],” says Tracy Davis. Dolphins Dick Keltner and Paul Brady are themselves a testimonial to handball camaraderie, having played together for nearly 30 years.

Fun. Exercise. Camaraderie. That’s handball.



According to a NASA press release, handball enabled astronauts “to reach an all-round state of fitness which would be impossible to achieve in any other game requiring such demands on the human body.” Apollo 11 astronaut Michael Collins, shown here, was known as the king of the court.

On the Edge of Freezing

by Thad Carhart



There are three distances in the 32°F water at the biannual midwinter Ice Swimming Championships, 50m, 200m and 1km. The only prior qualification to compete is to pass the physical exam, but stretchers are kept handy.

The things one learns in the Dolphin Club sauna... This past April, in the early evening of a windy day, I found myself in the sauna with one other late-in-the-day swimmer. I was feeling fairly virtuous for braving 55° water after months away from the Bay. And so I met Quinn Fitzgerald, a strong Dolphin swimmer and a serious open water enthusiast. In the course of some small talk, Quinn mentioned that he had recently returned from Russia.

“Oh? What part did you visit?”
“Murmansk.”

The name resonated with history: a city above the Arctic Circle on the Barents Sea, it was the most perilous destination for Allied North Atlantic ship convoys supplying a beleaguered Russia during World War II. I’d never met anyone who had traveled to Murmansk.

“Oh? What brought you there?”
“I was attending the World Championships of the International Ice Swimming Association.”

That woke me up! Had he said Ice Fishing Association? I asked, and Fitzgerald explained.

A growing ice swimming association counted participants from 32 countries at this 3rd World Championship in Murmansk. The plain facts are themselves astounding. The Russians cut a perfect 25-meter, 8-lane pool in the thick ice of freshwater Lake Semenovskoye, and ran an international swim competition with only a few accommodations for the conditions: no

diving starts (the shock of hitting water that is 0.2°C is too great); no flip turns (the inner ear does strange things on the verge of freezing); no thermal caps (as with marathon swimmers, a single silicon cap is allowed); no delays for snow squalls. Nets clear the ice between heats, which were sometimes swum in blinding snow.

Like most of us, I had no idea that such a niche sport even existed. I was familiar with the New Year’s Day staple of soft news TV featuring some bear-like Russians or Finns jumping into a hole in the ice of a frozen river in St. Petersburg for the cameras. Paddling, hooting, splashing, dunking – then out in a hurry to a shot of vodka. But an official swim meet in ice water?

The longest event is 1 kilometer—12 minutes and more in the water; the shortest is 50 meters. Swimmers of the established teams from Ireland, Great Britain, Russia, and South Africa dominated the age group podium positions. No one is refused as long as they pass the medical exam. But there was one late entrant from San Francisco, California who not only had never participated in a winter swimming race, he had never even seen any ice swimming. A pool swimmer in college at Yale, Fitzgerald sits on the board of the World Open Water Swimming Association. He was in Murmansk to observe the meet for that organization, and to report back on the winter version of the fastest growing part of aquatic sports. Never had he imagined competing in the ice swimming world championships.

As a personal challenge – a prank really – Ram Barkai, the founder of the International Ice Swimming Association,



Romanian women's swim team relaxes on snow between events.

entered Fitzgerald in the 50m and 200m freestyle events. He put him in outside lanes without any competitive pressures – even though both men knew that Fitzgerald had never swum in water below 10°C (50°F). Against all odds, Fitzgerald finished fifth overall in the 200m freestyle event. He recalls his preparations leading up to his first race in ice water:

“I was terrified before the 200. I thought there was a good chance that I would get out after one lap or simply go unconscious. But I had enough confidence in the safety preparations and the ever-present medical staff to give it a try.

It was the most challenging 200 freestyle of my life. When I stepped down the ladder into the bitter cold abyss, my chest immediately constricted and I wasn't able to exhale. As I pushed off, I started to panic, but found if I breathed every stroke I could survive with shallow breaths. Going into the last 50, I realized that I was probably going to finish and that was exhilarating for a moment until I realized I was also in a race and I was neck-and-neck with a South African three lanes over. I managed to find another gear and won my heat. The after-race experience was even more bizarre.

It was a cross between feeling like I had been hit by a truck and waking up refreshed from a 3-hour nap. I could not talk, could barely walk, and definitely could not use my fingers. Someone had to take my goggles and swim cap off. Like an injured player coming off the field, I was supported through the snow to the recovery room. There, Russian women wrapped me in hot blankets until my skin temperature was close enough to normal to go into the hot sauna.”

After the 200, Fitzgerald was emboldened for the 50m freestyle event on the last day of competition. He got off to a great start, he explained, immediately picked up to sprinting speed, and hit his open turn well. He blasted off the wall with an 8-beat kick and kept up his speed to win the event in 26.94 – first American World Champion and in his first ice swimming meet!

Something elemental clicked for Fitzgerald in his second event, drawing him to this truly extreme winter sport. “I conquered the cold,” he said. “That is a powerful feeling.

Everyone should try it. The mental state that you have to put yourself in to prepare is empowering. I thought swimming in 0.2°C water would be a testosterone-fueled mad rush, but it actually requires relaxed and focused breathing and a centered mental state.

The whole experience verges on the spiritual.” Fitzgerald's descriptions are vivid. So, too, are the images from this truly adventurous sport's world championship, complete with parka-clad cheerleaders, crowds of photographers and spectators, and the occasional faltering swimmer pulled from the ice water and borne swiftly on a stretcher to the warm recovery room. The atmosphere is clearly festive, and Russian hospitality carries the day with smiles, cheers, and music surrounding this improbable pool-in-the-ice. See video here:

https://www.youtube.com/watch?v=Zh_9anp4ARE

Congratulations to Quinn Fitzgerald, a Dolphin who prevailed in conditions that can only be called extreme! My encounter in the sauna that evening taught me many things; never did I suppose, however, that that conversation would lead me to see Aquatic Park as a kind of tropical paradise.



Dolphin Quinn Fitzgerald emerges from the temporary swimming pool carved out of a lake in Murmansk. He had come as an observer but found himself entered into two events. He placed 5th in the 200m and won the 50m.

MILESTONES

2019
25
-Year
Life Members



Bob David



Becky Fenson



Mark McKee



Sunny McKee



Rocky Muzzin



Debby Rose



Gabe Scurlock



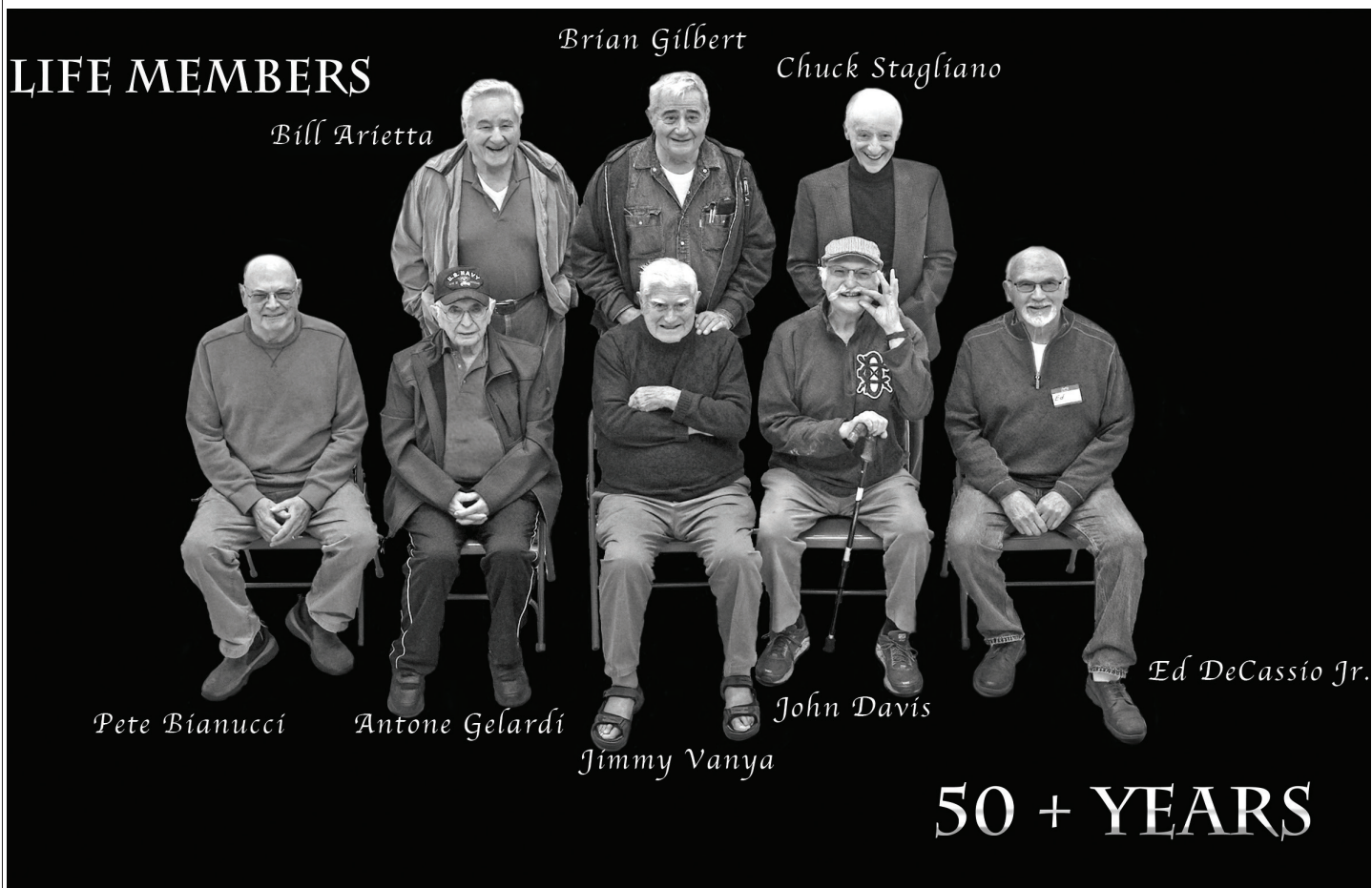
Kathleen Weinstein



Dennis Williams

Photos Unavailable:

Sandy Dean
Tom Keller
Colin Lind
John McIntyre
Linda Weintraub



Life member photos by Colin Gift

Rick O'Hara 1950-2019

I was saddened to hear of Rick O'Hara's sudden passing in June. He was a regular presence in the club with a warm ready smile and fondness for conversation. Here is some of what was shared about Rick on the club email:

"He was a kind and gentle human being. I'll miss him."

Peter Neubauer

"He exuded inner peace and friendship." *Firat Yener*

"Rick was an uplifting human being" *Kamran Atabai*

"Had a great smile." *Stu Gannes*

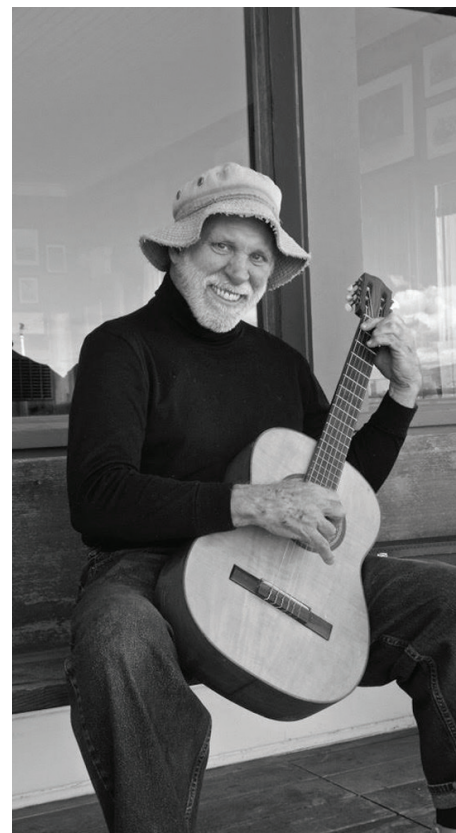
"I loved his deep voice, lovely inviting smile, bright eyes and interest in a conversation." *Jim Ebert*

"He was what I would call a lifelong learner." *Ken Miller & Joe Illick*

"I will miss encountering this kind soul who I am fortunate to have known." *Johanna Pitocchelli*

At his memorial in July we heard from his family about how grateful they were to discover that their brother had found a place and community that welcomed him.

We will miss him and his golf club, unusual headgear and five fingered shoes.
-Gavin Jefferies



THE HAUNTING OF LOCKER 301

by Andrew Braithwaite

I can scarcely remember the humiliating ritual of hauling around goggles and wet towels in the years I spent waiting for a locker to become available. Suffice to say that my memory of this woeful time is tinged by shades of jealousy and longing, for I was a young man among wrinkled old goats who each possessed the one thing I verily lusted after: a cubby of my own, a secure home for myriad swim caps and earplugs and tide guides and bottles of organic pure-castile hair soap.

I do, however, vividly recall the fateful day a locker was finally offered. My heart raced as I wandered row upon row, hunting for the tiny bronze plaque that would match the number assigned by providence: 301. Eventually I stumbled upon my quarry: an upper locker on Whisky Row, its white wooden frontispiece plastered with cutout images of four Catholic saints. No matter that I was not a pious man, as the previous inhabitant had evidently been. And no matter that the closure was set higher than any of its neighbors,

nearly beyond my reach. The thing was mine.

In the days and weeks that followed, my swimming was spirited and unburdened. As I came to understand the potency a locker bestowed upon its possessor, so too did I begin to wonder about the previous inhabitant of 301. What could have caused him to relinquish this immense privilege? The inherited gallery of saints I had heretofore left unbothered offered some clues. I pondered Saint Veronica of Jerusalem, who offered her cloth to wipe the condemned messiah's brow; Saint Peter the Rock, who set off running to be the first to behold his savior's empty tomb; Saint Anthony of Padua, who upon encountering indifferent heretics preached his true gospel to the fishes.

Only the fourth, Saint Teresa of Avila, gave me pause. She was not only the Patroness of Headache Sufferers but also, as I came to learn, a mystic reformer who channeled her severe piety through a zeal for bodily mortification. The tone of

my daily dip into those freezing bay waters immediately shifted, and I began to wonder, with a small whimper of trepidation, whether I had inherited a locker previously inhabited by some manner of self-flagellant. Queries placed to venerable neighbors only amplified my disquiet: David couldn't recall who had occupied the locker; neither could Ray or Stephen illuminate the mystery. Victor offered pepperoni and shots of brown liquor, but few answers. Even Walter, that most

primordial of old goats, met my increasingly desperate questioning with a shrug of his wrinkled shoulders.

With efforts to identify my predecessor running into so many dead ends, I made a peculiar discovery. A persistent whisper, or perhaps just the fading buzz of the whisky, told me I was failing to grasp some key detail. Being rather short of stature, I climbed a ladder to poke my nose in the highest corners of this locker. What I witnessed in those dark upper recesses shook me to my core: ancient, hand-scrawled markings that described a curious corporeal practice. AFTER 8 MI RUN, the notation began, RESTING PULSE 2 MIN AFTER. The first such pulse was logged as 60. A second reading, dated April '73, saw that figure plunge to 50.

I produced a light to reveal the subsequent reports, faded as they were by the aeons. In February '74, the resting pulse dropped precipitously to 41. By March of '75, it had stabilized at 42. The final notation, scribbled in April of '76 by an increasingly unsteady hand, promised to calm my fraying nerves: "42." But those quotation marks – symbols not used in any previous instance – gnawed at my writerly mind. I found myself not merely unnerved but suddenly slicked with sweat. Pressing two fingers to my carotid artery, I felt my own pulse racing. I plucked a towel from the hook opposite these ancient glyphs to dab my brow and then, channeling Saint Veronica, tried to wipe away these scrawlings. But no matter how much pressure I applied, the insidious markings would not fade.

Where those first innocent weeks had set my spirit free, now the twisted mystery of this man with the slowing pulse began over the course of the months that followed to pollute my very soul. Every new day's trip to the club which began with buoyant optimism, quickly found me consumed by dread. I sought refuge in the water, pushing ever harder, trying to outstroke that unknowable





specter paddling just behind. Upon exiting the water, I found my two fingers moving reflexively to monitor my pulse, praying my panic would not erase the fitness I had so greedily captured. Fortunately, I had nothing to worry about in this regard: according to the notes I'd begun keeping, my pulse numbers were holding low and steady. Stepping on the rickety locker room scale and adjusting the metal weights, I was pleased to see my weight coming down as well – my ever-more-toned frame had loosened the taut stretch of skin, bestowing the slightest of

wrinkles.

One evening, distressed by a mild but persistent headache, I found myself making a spontaneous pilgrimage to Aquatic Park. I supposed my readings of late – I had been paging my way through Saint Teresa of Avila's "The Interior Castle," though I could not recall precisely when or how I had acquired this leather-bound volume – had instilled the notion that one's bodily rhythms ebbed and flowed according to strict diurnal cycles. The old me – the unhooked me – had never been one for swimming in the dark. But the

new persona, infused by discipline and Bulleit, felt strangely drawn to the ghostly glow of the moon. Perhaps a nighttime swim would calm my erratic pulsations.

As I climbed the main staircase, I found the club eerily still. I entered the locker room expecting to hear nary a sound. But my ears detected a low and unmistakably frantic scratching coming from the nearby row of lockers.

I turned the corner of Whisky Row and came upon a crazed young man wearing but a pair of swim trunks. His back glistened with sweat as he balanced upon a rickety ladder working feverishly at some task with a putty scraper.

As I approached the panicked figure, the long shadow I cast alerted him to my presence. He spun around to reveal a familiar visage. It was my own face – or at least the younger face I had possessed so long ago, back when I'd first been gifted the fantastic privilege of occupying locker 301.

This young man glanced up with horror in his eyes. His temples throbbed with a quickening pulse, and as he surveyed me I could read in his reaction not just recognition

but also shock and dismay, for the changes he observed – physiological mortification beyond the simple scope of what cold water ought to induce in one's mortal coil – reflected an interval between us spanning decades, if not centuries.

"You're, you're – you're him!" he sputtered, losing his balance and tumbling from the ladder.

As the young man hit the ground hard, I drew a calm breath. "And so are you," I said, my wrinkled face stretched in a hideous grin. "Welcome to the club."

SWIM REPORT

Social connections are very important to a person's wellbeing, leading to increased levels of happiness, reduced stress and feelings of belonging and purpose. For Dolphin swimmers and pilots, the vehicle of connecting includes our shared rituals, ebullient comradery, and constant surprise at the magical and ever-changing health-related conditions of our swims.

We encourage and support anyone who has an interest in swimming or piloting (or just simply connecting) to come join us in the open water as we collectively tackle the remainder of our swim program for 2019. Swims are scheduled throughout the year and are open to all levels of participants. For those new to the sport, we want you to know that typically one day prior to a scheduled swim, we hold a test swim so that we can ensure that the tide, current, temperature, and chosen routes make sense for our fastest ex-Olympian swimmers, our beginning swimmers, and everyone in-between.

The 2019 swim season, thus far, has seen relatively few surprises with the exception of our February Gas House Cove swim where a couple of piers "got in the way" of a few of our swimmers. We are now halfway through the swim season and all of our swimmers have arrived back safely.

We are happy to report that the number of swimmers participating in the club swims so far for 2019 is 139 including about 20 novitiates. Thank you to all of our participants, pilots, chefs, cleanup crews, clothes wranglers, and additional volunteers who make our swim program safe and exhilarating. Nothing at the Dolphin Club can take place without a cadre of dedicated volunteers and this is certainly true for the swim program.

We would like to take this

opportunity to thank our outgoing Swim Commissioner, Aniko Kurczinak, for her over two-years of dedicated service, leadership, creativity, and enthusiasm. Thank you Aniko!! We would also like to welcome our newest Swim Commissioner: Kathleen Sheridan. Welcome Kathleen!!

At the beginning of our swim on February 9, sixty Dolphin swimmers battled through a strong flood tide while trying to exit Gas House Cove. Several fins experienced difficulty rounding the first pier at Fort Mason. Although the Greens restaurant patrons were oblivious to our struggles beneath their champagne brunch of handmade pupusas and roasted Zuckerman Farm potatoes, our swimmers successfully navigated the precarious underpinnings of the storied café. All swimmers made it back to the club where they too enjoyed a fantastic brunch including inspiring vegetarian options.

On March 3, our hardy swimmers awoke in their beds around the Bay Area to howling wind and heavy rain. The ride out to the starting line for the pilots was choppy and difficult. The pilots' trepidation was matched only by that of the 37 swimmers who witnessed the precarious conditions during their walk to Pier 39. But the clouds parted and the weather softened just before the jump.

Although the Yacht Harbor beach start was delayed twenty minutes to allow the current to kick in, miraculously the best current was close to shore making this swim a pilot's dream. Many of our pilots and a few swimmers witnessed whales breaching alongside.

Where can you find Irish Coffee drinking, hula hooping, Whitehall and AB water rescuing, and swimming occurring simultaneously all in one

place? This year's Crazy Cove swim. Serious fun was combined with equally serious safety training. The mock rescuing process was a big hit giving our swimmers and pilots a chance to hone their skills in a non-emergency situation. Our Top hula hoop finishers: Isabel Friedman and Steve Schatz.

John Nogue inspired generations of students to pursue careers in biology, nursing, and other health related fields. On April 14 in remembrance of John and his impact in passing along his passion for science, 43 of our intrepid Dolphin swimmers jumped in at Pier 31 instead of the scheduled Pier 15 due to rough conditions for the John Nogue Swim for Science. "With all of John's many accomplishments, the source of his greatest satisfaction was family. He was our rock--the heart of our family. We will continue to live our lives guided by John's spirit." The Nogue family once again participated, providing the clothes wrangling services and by serving breakfast and cake after the swim.

On June 1, our Gas House Cove swimmers jumped into the heart of a light flood tide with no issues whatsoever. The Heimlich maneuver for rescuing choking victims was published in *The Journal Emergency Medicine* on this day in 1974 – and we are happy to report that this technique was not needed.

The tracking sheets have been posted and swimmers are currently logging their miles for our Dolphin Club 100 Mile Swim summer challenge. Please note the following rules:

1. Miles can be logged only between June 1st and October 31st
2. All miles must be completed in open water, any body of open water
3. No wetsuits allowed.

Your Swim Commissioners



Photo: Bobby Lu

Swimmers heading to Bay Bridge for jump

DOLPHIN LOG SWIM STATISTICS

Dick Beeler Crazy Cove Swim APRIL 6, 2019

This year's Crazy Cove combined a little swimming, some AB and Whitehall water rescues, hula hooping, and Irish Coffees to finish things off. Only order of finish was captured.

Top hula hoop finishers were:

1. Isabel Friedman	108
2. Steve Schatz	40
3. Denise Sauerteig	27
4. Charmaine Leonard	25
5. Robin Rome	23
6. Lindzy Bivings	21
6. Kathleen Sheridan	21
8. Bastiaan Koch	8
9. Donna Beard	7
10. James Dilworth	6
6 way tie for 11th	
11. Eliana Agudelo	5
11. Lindsey Hoshaw	5
11. Margaret Keenan	5
11. Kristin Steck	5
11. Michael Tschantz-Hahn	5
11. John Wilde	5

Place	Name
1	Lindzy Bivings
2	Lindsey Hoshaw
3	Susan Lauritzen
4	Charmaine Leonard
5	Donald Osborne
6	Kristen Steck
7	Mark Lenz
8	Margaret Keenan
9	Julia Brashares
10	Katie McCall
11	Kathleen Sheridan
12	Hal Offen
13	John Wilde
14	Michael Tschantz-Hahn
15	Wendy Kordes
16	James Dilworth
17	Kent Myers
18	Dana Beard
19	Bri McCarthy
20	Andrew Nance
21	Peter Cullinan
22	Isabel Friedman
23	Eliana Agudelo
24	Timothy McElligott
25	Steve Schatz
26	Denise Sauerteig
27	Robin Rome
28	Marcy Michael
29	Bastiaan Koch
30	Corina Kaufman
31	Maggie Lonergan
32	Stuart Moulder
33	Cyrus Foster
34	Daniel Wolfe

Pilots: Ken Coren, Larry Heine, Brian Kiernan, Timothy Kreutzen, Thomas McCall, Ryan Utsumi **Helpers:** Gregory Anderson, Cynthia Barnard, Lindzy Bivings, Carol Clark, Amanda Ernzer, Erin Figel, Jason Friend, Susan Garfield, Tom Hunt, Mara Iaconi, Aniko Kurczin, Susan Lauritzen, Mick

Lavelle, Bobby Lu, Heather McClure, Jacqueline McEvoy, Jane Mermelstein, Michaelynn Meyers, Ken Miller, Hal Offen, Nanda Palmieri, Jamie Robinson, Polly Rose, Wafaa Sabil, Kathleen Sheridan, Margo Snyder, John Thorpe, Diane Walton, Crissa Williams

John Nogue Swim for Science Pier 15 APRIL 14, 2019

The swim was shortened a bit due to high winds. We jumped from Pier 31 - strategically avoiding the choppy water we expected at Pier 27.

Place	Name	Time
1	Allison Arnold	22:12
2	Joby Bernstein	22:21
3	Ben Zovickian	24:09
4	John Renko	24:54
5	Hubert Chaperon	25:28
6	Steve Schatz	25:33
7	Patrick Grady	26:37
8	Michael T-Hahn	27:48
9	Wendy Kordes	28:04
10	Cesar Manzano	28:26
11	Tor Lundgren	28:52
12	Matthias Fore	29:04
13	Tom Neill	29:07
14	Bri McCarthy	30:03
19	Jason Prodoehl	30:05
15	Cyrus Foster	30:13
16	Stuart Moulder	30:36
17	Kathleen Sheridan	32:05
18	Margaret Keenan	32:15
20	Lindzy Bivings	33:24
21	Denise Sauerteig	34:43
22	Talia Brinton	34:47
23	Nancy Booth	37:53
24	Peter Cullinan	38:01
25	Bastiaan Koch	38:04
26	Derrick Rebello	38:18
27	Mark Harrold	38:30
28	Katie McCall	39:22
29	Mara Iaconi	39:56
30	Hal Offen	40:02
31	Kathleen Duffy	40:25
32	Marlin Gilbert	40:29
33	Timothy Melano	40:50
34	Bobby Lu	41:23
35	Lindsey Hoshaw	41:36
36	Jim Frew	41:44
37	Bill Burke	42:49
38	Crissa Williams	43:33
39	Lewis Haidt	44:21
40	Kent Myers	45:43
41	Michael Barber	48:48
42	Janice Wood	49:16
43	John Ingle	50:58

Pilots: Eric Altenburger, Marcus Auerbuch, Barry Baskin, Jon Bielinski, John Blackman, Laura Burtch-Zovickian, Barry Christian, Ken Coren, Tim Dumm, Erin Figel, Patrick Freilinger, Terry Horn, Brian Kiernan, Timothy Kreutzen, Aniko Kurczin, Mick Lavelle, Thomas McCall, David Nettel, Joseph Omran, Jesse Pence, Alexis Pope, John Robiola, Gina Rus,

Ryan Utsumi, Diane Walton, David Zovickian **Helpers:** Eric Altenburger, Allison Arnold, Joni Beemsterboer, Joby Bernstein, Julia Brashares, Talia Brinton, Hubert Chaperon, Ken Coren, Peter Cullinan, Signe Curtis, Kathleen Duffy, Jim Frew, Susan Garfield, Marlin Gilbert, Brian Gilbert, Patrick Grady, Suzanne Heim, Lindsey Hoshaw, Tom Hunt, Kristina Kordes, Tor Lundgren, Cesar Manzano, Alex Migoushov, Kent Myers, Emily Nogue, Sophie Nogue, Hal Offen, Nanda Palmieri, Jesse Pence, Daragh Powers, Jason Prodoehl, Derrick Rebello, Polly Rose, Wafaa Sabil, Rachel Shorr, Eric Shupert, Jen Sturgill, John Thorpe, Kathryn Werhane Test swim: Peter Cullinan, Wendy Kordes, Timothy Kreutzen, Sean Lavelle, Hal Offen, Joseph Omran, Holly Reed, Kathleen Sheridan, Eric Altenburger, Jon Bielinski, John Blackman, Jim Frew, Joe Gannon, Terry Horn, Brian Kiernan, Aniko Kurczin, Thomas McCall, Mikhail Melnikov, Tom Neill, Nanda Palmieri, Jesse Pence, Sibylle Scholz, John Thorpe, Ryan Utsumi Special thanks to the extended Nogue family: Denick Fletcher, Emily Nogue, Sophie Nogue, Rebecca Seaward, Scott Seaward

Coglan Beach Swim MAY 4, 2019

Due to a conflict with a GP Sailing event the Coglan Beach swim was changed to an evening outside/inside/flag swim followed by a BBQ. The swim remained a "qualifying" swim for Alcatraz/GGB. Swimmers enjoyed the route and the BBQ was well attended.

Place	Name	Time
1	Cesar Manzano	32:49
2	Stuart Moulder	33:44
3	Tim McElligott	34:52
4	Matthias Fore	37:11
5	Margaret Keenan	40:25
6	Peter Cullinan	40:48
7	Rose Levien	41:38
8	Jason Friend	42:02
9	Hal Offen	43:43
10	Jamie Robinson	44:17
11	Mark Lenz	44:18
12	Holly Reed	45:25
13	Marcy Michael	45:31
14	Talia Brinton	45:41
15	Marlin Gilbert	45:44
16	Richard Haymes	45:50
17	Andy Stone	46:04
18	Lewis Haidt	46:32
19	Signe Curtis	46:41
20	Stuart Gannes	46:48
21	Wafaa Sabil	47:05
22	Brian Hoffstein	47:33
23	Bianca Liederer	49:56
24	Donald Osborne	51:09
25	Lucia Pacca	51:17
26	Kathleen Duffy	51:36
27	Francisco Soria	51:39
28	Bobby Lu	53:35
29	Ken Miller	53:42
30	Joe Gannon	53:57
31	Rachel Shorr	55:23
32	Kent Myers	56:26
33	Julia Brashares	56:28

DOLPHIN LOG SWIM STATISTICS

34	Linda Mahnken	56:29
35	John Ingle	1:04:05
36	Susan Lauritzen	1:13:00
37	Donna Schumacher	1:13:13
	Jim Frew	dnf
	Era Osibe	dnf
	Cheryl Wallace	dnf
	Janice Wood	dnf

Pilots: Chris Germain, Brian Kiernan, Eric Lam, Christian Martin, Anne Sasaki, Kathleen Sheridan, Scott Stark, Diane Walton **Helpers:** Talia Brinton, Peter Cullinan, Signe Curtis, Jason Friend, Marlin Gilbert, Brian Gilbert, Byron Harbour, Richard Haymes, Mia Hershiser, Bobby Lu, Mary Magocsy, Andrea McHenry, Timothy Melano, Marcy Michael, Nanda Palmieri, Allison Pobrisho, Polly Rose, John Thorpe, Cheryl Wallace, Eloise Warren, Janice Wood Special Thanks to: Theda Stone, Andy's wife, for helping in the galley.

Bay Bridge Swim MAY 12, 2019

This year the Bay Bridge swim went off perfectly. The tides and currents gave swimmers a great ride and the times reflected this, not to mention the wonderful views of San Francisco passing on the way from the Bay Bridge to Aquatic park. A fun swim.

Place	Name	Time
1	Catherine Breed	40:50
2	Ben Zovickian	40:55
3	Suzanne Heim	43:03
4	Hubert Chaperon	43:50
5	Laura Zovickian	44:21
6	Michael T-Hahn	44:55
7	Lauren Lesyna	45:15
8	Tim McElligott	46:06
9	Wendy Kordesch	46:15
10	Amanda Ernzer	46:47
11	Steve Carlson	48:19
12	Chris Germain	48:31
13	Tom Neill	49:02
14	Tor Lundgren	49:39
15	Bob Cable	49:40
16	Bri McCarthy	49:42
17	John Gibbon	50:06
18	John Haymaker	50:20
19	Cyrus Foster	51:06
20	Danny De Leon	51:29
21	Kathleen Sheridan	51:32
22	Margaret Keenan	51:59
23	Donald Thornburg	53:21
24	Lindzy Bivings	54:12
25	Denise Sauerteig	54:32
26	Laura Grubb	54:48
27	Keith Nelson	56:01
28	Holly Reed	56:09
29	Daniel Wolfe	56:18
30	Paul Wolf	56:21
31	Marcy Michael	56:26

Photo Mark Lenz



Quiet moments before the organized chaos of a Swim.

32	Nancy Booth	56:30
33	Marie Sayles	56:35
34	Zachary Walton	57:21
35	Jim Frew	57:34
36	Lewis Haidt	58:12
37	Hank Scoble	58:28
38	Bianca Liederer	58:49
39	Bobby Lu	59:22
40	Kathleen Duffy	59:30
41	Crissa Williams	1:00:10
42	Kent Myers	1:02:00
43	Donna Schumacher	1:02:19
44	Linda Mahnken	1:03:30
45	John Ingle	1:05:26

Pilots: Jean Allan, Marcus Auerbuch, Barry Baskin, Natazha Bernie, Jon Bielinski, John Blackman, Peter Cullinan, Tim Dumm, Matthias Fore, Stuart Gannes, John Grunstad, Larry Heine, Brian Kiernan, Timothy Kreutzen, Aniko Kurczinak, Charmaine Leonard, Maggie Loneragan, Mary Magocsy, Grant Mays, David Nettell, Donald Osborne, John Robiola, Gina Rus, Scott Stark, Adriane Underwood, Ryan Utsumi, Diane Walton, Rebecca Wolski, David Zovickian **Helpers:** Eliana Agudelo, Cynthia Barnard, Barry Baskin, Nancy Booth, Peter Cullinan, Danny De Leon, Amanda Ernzer, Joe Ferrero, Evelyn Fisher, Cyrus Foster, Jim Frew, Nancy Friedman, Susan Garfield, Chris Germain, John Gibbon, Brian Gilbert, Laura Grubb, John Haymaker, Tom Hunt, Margaret Keenan, Wendy Kordesch, Tor Lundgren, Cesar Manzano, James Meade, Nanda Palmieri, Jesse Pence, Robin Rome, Susan Saylor, Donna Schumacher, Rachel Shorr, Margo Snyder, John Thorpe, Monica Towers, Michael Tschantz-Hahn, Paul Wolf, Janice Wood Test swim: Andrew Cassidy, Peter Cullinan, Matthias Fore, Maggie Loneragan, Cesar Manzano, Hal Offen, Jamie Robinson, Gina Rus, Matt Stromberg, Jon Bielinski, John Blackman, Jim Frew, Terry Horn, Liz Kantor, Brian Kiernan, Timothy Kreutzen, Aniko Kurczinak, Mikhail Melnikov, Tom Neill, David Nettell, Nanda Palmieri, John Robiola, Denise Sauerteig, John Thorpe, Ryan Utsumi, David Zovickian

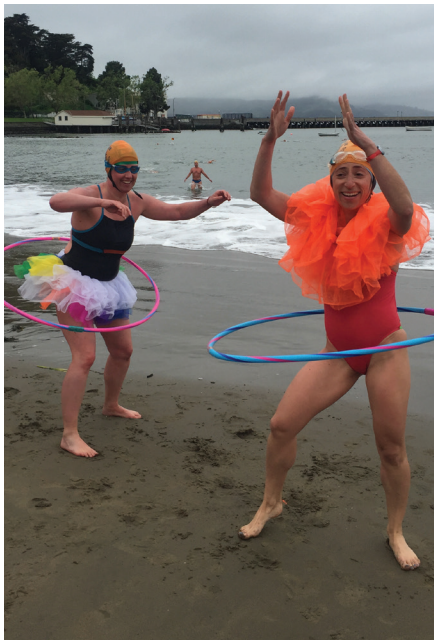
Gas House Cove Swim JUNE 1, 2019

A fun swim: the tide was with the swimmers, some new to out-of-cove swimming were able to join and enjoy the swim: while place order of finishing was kept to ensure that all who started did finish, no times were captured.

Place	Name
1	Timothy McElligott
2	Steve Carlson
3	Ben Clark
4	Stuart Moulder
5	Tim Dumm
6	Thomas Partridge
7	Thomas Reynolds
8	Jean Allan
9	Wendy Schuss
10	Tom Neill
11	Jen Sturgill
12	Jon Wright
13	George Morris
14	Kristy Leffers
15	Kristina Kordesch
16	Nancy Booth
17	Rose Levien
18	Daniel Wolfe
19	Terry Huwe
20	Zachary Walton
21	Marie Sayles
22	Mark Lenz
23	Tommaso Trionfi
24	Nancy Hornor
25	Keith Nelson
26	Tim Kline
27	Caius Vannouhuys
28	John Hornor
29	Mara Iaconi
30	Jamie Robinson
31	John Henderson
32	Dean Badessa
33	Mike Sesko
34	Joel Kramer
35	Matthew Leffers
36	Paco Rosas
37	Bianca Liederer
38	Joe Gannon
39	Kelly Trombley
40	Halie Kampman
41	Robin Rome
42	Kent Myers
43	Stuart Gannes
44	Cheryl Wallace
45	Andy Stone
46	Lorna Newlin
47	Laura Grubb
48	Cynthia Cristilli
49	Will Powning
50	Carolyn Hui
51	Linda Mahnken
52	Susan Lauritzen
53	Eileen David
54	Peter Neubauer

DOLPHIN LOG SWIM STATISTICS

Pilots: Jon Bielinski, John Blackman, Bob Cable, Duke Dahlin, Justin Fisch, Terry Horn, Brian Kiernan, Aniko Kurczinak, Mick Lavelle, Charmaine Leonard, Thomas McCall, Flicka McGurrin, Hal Offen, Donald Osborne, Holly Reed, Gina Rus, Julian Sapirstein, Steve Schatz, Kathleen Sheridan, Arnie Thompson, John Thorpe, Ryan Utsumi, Diane Walton **Helpers:** Joni Beemsterboer, Steve Carlson, Anne Clark, Janine Corcoran, Peter Cullinan, Signe Curtis, Duke Dahlin, Eileen David, Evelyn Fisher, Matthias Fore, Susan Garfield, Laura Grubb, Lewis Haidt, John Henderson, John Hornor, Keith Howell, Terry Huwe, Tim Kline, Kristina Kordesch, Bianca Liederer, Bobby Lu, Linda Mahnken, Jacqueline Merovich, Stuart Moulder, Keith Nelson, Peter Neubauer, Lorna Newlin, Emily Nogue, Nanda Palmieri, Isabella Polenghi-Gross, Jamie Robinson, Polly Rose, Wafaa Sabil, Julian Sapirstein, Marie Sayles, Sona Sondhi, John Thorpe, Zachary Walton **Test:** Lindzy Bivings, Andrew Cassidy, Peter Cullinan, Erin Figel, Matthias Fore, Terry Horn, Wiktor Jakubiuk, Hal Offen, Holly Reed, Anna Schatz, Steve Schatz, Jon Bielinski, John Blackman, Tim Dumm, Joe Gannon, Chris Germain, Susan Hwang, Liz Kantor, Brian Kiernan, Timothy Kreutzen, Thomas McCall, Mikhail Melnikov, Tom Neill, Joseph Omran, Nanda Palmieri, John Thorpe **Special Thanks to:** Virginia Walk—from the SE for piloting



Cutthroat Crazy Cove competitors, Briana McCarthy, and Denise Sauerterg.

Photo John Grunstad



Morning pod, from left, Keira Koss-Baker, David Horowitz, Andrew Wynn, Laura Vartain, Catherine Breed, Kala Sherman-Presser, Anna Olsen

Pride Swim JUNE 15, 2019

The traditional Pride Swim was hosted this year by South End Rowing Club (SERC) with the jump at Coghlan Beach. The finish order and the times were not important enough to capture since this swim was for fun and based on the smiles on the faces of the swimmers, all of whom finished, the swim was a great success. So was being greeted by a shot of Irish Coffee at the end. Swimmers, like the pilots and the helpers, are listed in alphabetical order: all Dolphin swimmers finished were recorded with a qualifying swim for the Golden Gate and for Alcatraz. Swimmers: Jean Allan, Dean Badessa, Cynthia Barnard, Lindzy Bivings, Darryl Carbonaro, Charlie Cross, Peter Cullinan, Jim Ebert, Evelyn Fisher, Matthias Fore, Stuart Gannes, Laura Grubb, John Henderson, Nancy Hornor, John Hornor, Carolyn Hui, Terry Huwe, Margaret Keenan, Tim Kline, Bastiaan Koch, Kristina Kordesch, Wendy Kordesch, Susan Lauritzen, Kristy Leffers, Matthew Leffers, Mark Lenz, Lauren Lesyna, Rose Levien, Kate Matthey, Marcy Michael, Stuart Moulder, Lorna Newlin, Hal Offen, Thomas Partridge, Will Powning, Jason Prodoehl, Holly Reed, Marie Sayles, Sona Sondhi, Cheryl Wallace, Zachary Walton, Jeff White, Janice Wood **Pilots:** Eric Altenburger, Jon Bielinski, John Blackman, Duke Dahlin, Doug James, Brian Kiernan, Timothy Kreutzen, Aniko Kurczinak, Thomas McCall, Mikhail Melnikov, George Morris, Tom Neill, Jesse Pence, Alexis Pope, John Robiola, Robin Rome, Julian Sapirstein, Kathleen Sheridan, Diane Walton **Helpers:** Dean Badessa, Andrew Cassidy, Carol Clark, Peter Cullinan, Nancy Hornor, John Hornor, Mara Iaconi, Timothy McElligott, Jacqueline McEvoy, Lorna Newlin, Breanne Overton, Nanda Palmieri, Thomas Partridge, Donald Thornburg, John Thorpe

Crissy Field Swim JULY 14, 2019

The Crissy Field swim this year, one of our two longest regularly scheduled swims at about 2.75 miles, had fog and wind, but sufficient visibility to ride a moderate flood back to Aquatic Park. Water temperature was as high in spots as 61, making the water more inviting than standing on the dock. Two start groups, a slower swimmer group and a faster group, were separated by about 15 minutes but made the piloting easier and the finishers less spread out.

Place	Name	Time
1	Allison Arnold	39:17
2	Joby Bernstein	39:47



Rainbow flag at the club flew throughout June--Pride month

DOLPHIN LOG SWIM STATISTICS

3	John Renko	44:03
4	David Rich	45:16
5	Chris Wagner	45:56
6	Laura Zovickian	47:24
7	Ken Schwarz	47:53
8	Steve Schatz	48:02
9	Josh Bernstein	48:46
10	Hubert Chaperon	50:10
11	Duff Hearon	52:05
12	Steve Carlson	52:28
13	Matthias Fore	52:45
14	Tom Neill	54:46
15	Margo Snyder	55:40
16	Tim McElligott	55:42
17	Jaron Ness	56:08
18	Thomas Reynolds	56:16
19	Ted Tilles	58:16
20	Evelyn Fisher	58:19
21	Jon Wright	58:35
22	Wendy Schuss	58:58
23	Thomas Partridge	1:00:10
24	Richard Haymes	1:00:18
25	Paul Wolf	1:00:19
26	Daniel Wolfe	1:02:20
27	Nicholas Wilson	1:04:47
28	Quinn Duffy	1:05:12
29	Keith Nelson	1:05:44
30	Marcy Michael	1:05:53
31	Mara Iaconi	1:08:18
32	Zachary Walton	1:09:05
33	Hank Scoble	1:09:56
34	Bill Burke	1:10:34
35	Wafaa Sabil	1:14:26
36	Scott Cauchois	1:20:05
37	Kent Myers	1:21:05
38	John Ingle	1:29:27

Pilots: Natazha Bernie, Barbara Byrnes, Paul DuBois, Jim Frew, Patrick Grady, John Grunstad, Larry Heine, Evan Hirsch, Gavin Jefferies, Brian Kiernan, Kristy Leffers, Matthew Leffers, Mark Lenz, Thomas McCall, Mikhail Melnikov, Hal Offen, Joseph Omran, John Robiola, Scott Stark, Ryan Utsumi, David Wagner, Diane Walton, David Zovickian **Helpers:** Allison Arnold, Michael Barber, Cynthia Barnard, Josh Bernstein, Steve Carlson, Scott Cauchois, Janine Corcoran, Signe Curtis, Stuart Gannes, Lewis Haidt, Tim Haines, Richard Haymes, Duff Hearon, Kristina Kordes, Jacqueline Merovich, Timothy O'Shea, Nanda Palmieri, Thomas Partridge, Alexis Pope, Jason Prodoehl, Robin Rome, Polly Rose, Wafaa Sabil, Margo Snyder, John Thorpe, Kathryn Werhane, Crissa Williams, Paul Wolf, Rebecca Wolski, Janice Wood **Test swim:** Andrew Cassidy, Hubert Chaperon, Janine Corcoran, Wiktor Jakubiuk, Hal Offen, Steve Schatz, Chris Wagner, John Blackman, Kelly Clonts, Reuben Hechanova, Brian Kiernan, Thomas McCall, Tom Neill, Katherine Schatz, Kathleen Sheridan, Ryan Utsumi, David Wagner

Walt Schneebeil Over 60 Swim JULY 27, 2019

This annual swim allows our more senior members to shine. Our oldest swimmer was 89, the youngest had just aged up to 60. The day was beautiful, the water warm (relatively speaking) and a good time was had by all.

Three courses were swum:

A = to the Eppleton Hall and back

B = to the flag and back along the buoy line

C = a full cove

Group	Place	Name	Time
A	1	Robert Danielson	10:40
A	2	Diane Walton	10:45
A	3	John Davis	14:08
A	4	Robert McKenzie	17:55
A	5	Kenneth Frank	18:02
B	1	Laura Merkl	14:09
B	2	Monica Towers	15:46
B	3	Eric Shackelford 1	7:31
B	4	Beth Kellenberger	19:16
B	5	Joseph Illick	21:28
B	6	Michael Cerre	21:54
B	7	Sid Hollister	22:21
B	8	Michaelynn Meyers	23:21
B	9	Polly Rose	23:45
B	10	Emily Nogue	25:49
B	11	Claire Trepanier	26:16
B	12	Susan Garfield	27:20
B	13	Krist Jake	32:13
C	1	Suzanne Heim	17:41
C	2	Josh Bernstein	17:49
C	3	Karen Drucker	21:01
C	4	Jean Allan	21:42
C	5	Tom Neill	22:05
C	6	Andrew Cassidy	23:32
C	7	Charlie Cross	23:36

C 8	Nancy Lange	23:42
C 9	Joseph Omran	24:44
C 10	Peter Cullinan	25:09
C 11	Sunny McKee	25:38
C 12	Nancy Booth	25:43
C 13	Holly Reed	26:02
C 14	Nancy Hornor	26:20
C 15	Robert Blum	26:27
C 16	Joni Beemsterboer	26:36
C 17	Mark McKee	26:38
C 18	Andy Stone	27:31
C 19	Gabriella Cross	27:53
C 20	Kathleen Duffy	28:17
C 21	Ken Coren	28:20
C 22	Mick Lavelle	28:21
C 23	Joel Kramer	28:31
C 24	Keith Howell	29:10
C 25	Lorna Newlin	30:01
C 26	John Hornor	31:06
C 28	Anne Sasaki	31:36
C 29	Nancy Friedman	31:42
C 30	Donna Schumacher	32:32
C 31	Peter Neubauer	33:08
C 32	Eileen David	33:18
C 33	Janice Wood	33:19
C 34	Will Powning	33:34
C 35	Susan Lauritzen	37:10
C 36	Suzanne Scott	45:00

Pilots: Susan Allen, Thomas Davis, Adrian Dyer, Vincent Huang, Matthew Leffers **Helpers:** Jean Allan, Andrea Allen, Barry Baskin, Nancy Booth, Andrew Cassidy, Ben Clark, Charlie Cross, Peter Cullinan, Duke Dahlin, Danny De Leon, Kathleen Duffy, Erin Figel, Susan Garfield, Brian Gilbert, Patrick Grady, Suzanne Heim, Tom Hunt, Joel Kramer, Jane Mermelstein, Michaelynn Meyers, Lorna Newlin, Hal Offen, Derrick Rebello, Robin Rome, Tommaso Trionfi, Chris Wagner



Photo: Duke Dahlin

"Seniors" await in senior fashion for the start, "what's the rush?"

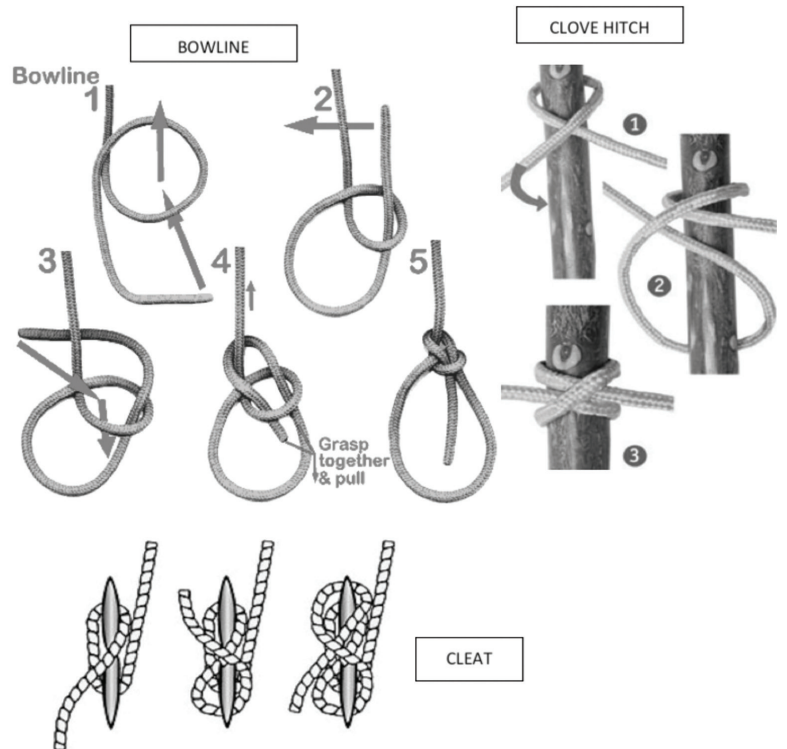
Hey Dolphins,

As President, I am often reminded that the ways we connect and support one another in, on and off the water matter. Rather than wax poetic in this space about the joy that I experience as a Dolphin, or the hazards that lurk when we don't connect, I offer perhaps metaphorical but certainly practical aid! Here are three ways to attach things - Bowline, Cleat and Clove -and I am hoping that we can all commit to expanding our repertoires of connecting, that we each learn to tie a new knot, knowing its purpose, and that we remember to take time to talk and listen to friends and not-yet-friends.

Thanks for all... *Diane.*

Annual Membership Meeting

The annual membership meeting of the Dolphin Swimming & Boating Club will begin at 6:30 p.m. on October 16, 2019 at 502 Jefferson Street, San Francisco, in the Staib Room. The Board will review the business of the past year and proposed activities for the next year. Members are welcome to attend and participate per Article III, Section 6 of the By Laws.



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& Boating Club
502 Jefferson Street
San Francisco, CA 94109

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2019 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Tue TBD	*New Year's Day Alcatraz
Jan 1	Tue TBD	New Year's Day Cove Swim
Jan 27	Sun 9:30 am	*Pier 41
Feb 2-3	Sat/Sun 09:00	24 hour cove relay
Feb 9	Sat 10:00 am	*Gas House Cove
Feb 10	Sun TBD	Old Timer's Lunch
Mar 2	Sat 9:00am	*Pier 39
Mar 21	Thu 11:00 pm	End of Polar Bear
Mar 23	Sat 10:00 am	*Yacht Harbor
Apr 6	Sat TBD	McCovey Cove Regatta
Apr 7	Sun 9:00 am	*Dick Beeler Crazy Cove
Apr 14	Sun 11:30 am	*John Nogue Swim for Science Pier 15
May 4	Sat 9:30 am	*Coghlan Beach (fun swim)
May 12	Sun 9:00 am	*Bay Bridge
May 18	Sat TBD	Rowers Festival
Jun 1	Sat 9:00 am	*Gas House Cove (fun swim)
Jun 1	Sat 5:00 am	100-Mile Swim Begins
Jun 15	Sat 9:00 am	*Pride Swim
Jun 29	Sat 6:00 pm	*Under 30 & 30-45
Jun 29	Sat 6:00 pm	*Doc Howard Over 45
Jul 14	Sun 9:15 am	*Crissy Field
Jul 20	Sat TBD	Trans Tahoe
Jul 27	Sat 9:30 am	Walt Schneebeli Over 60 Cove
Aug 3/4	Sat/Sun	*Santa Cruz Pier Swim
Aug 11	Sun TBD	Baykeeper Relay
Aug 31	Sat 10:00 am	*Fort Point
Sep 14	Sat 10:00 am	Dolphin/South End Triathlon
Sep 21	Sat 7:30 am	Escape from Alcatraz Triathlon
Sep 28	Sat TBD	Swim Across America
Oct 6	Sun 8:15 am	*Joe Bruno Golden Gate
Oct 19	Sat 9:30 am	*Alcatraz
Oct 26	Sat TBD	Angel Island Regatta
Oct 31	Thur 11:00 pm	100-Mile Swim Ends
Nov 9	Sat TBD	Pilot Appreciation Dinner
Nov 24	Sun 5:00 am	Grizzly Bear Challenge
Nov 28	Thur 9:00 am	Thanksgiving Day Cove
Dec 15	Sun 9:00 am	New Year's Day Qualifier & Holiday Brunch
Dec 21	Sat 5:00 am	Polar Bear Swim Begins
Dec 31	Tue 11:00 pm	Grizzly Bear Challenge Ends

ROWING TRAINING

These Saturdays as 9:00 am

January 19

February 23

March 23

April 20

May 18

June 22

July 20

August 24

September 21

October 19

November 23

December 21

Intro to bay swimming *usually*
offered on the Saturday *or*
Sunday following the monthly
Board Meetings, check website
www.dolphinclub.org

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members, who are current on their dues and fees and in good standing.
 2. Swimmers must have current USMS membership, or USA Swimming membership, as appropriate and abide by each organization's rules and requirements.
 3. Swimmers are required to wear orange caps on all scheduled swims.
 4. Swimmers cannot use swim aids including fins and wet suits, on any timed scheduled swims.
 5. New members are not eligible to swim in scheduled out-of-cove swims for either 6-months from the start of their membership, or before successfully completing the 100-mile swim, the Polar Bear swim, or the Accelerated Out-of-Cove process.
 6. All out-of-cove swims require a pilot:swimmer ratio of 1:3.
 7. Time limits may be imposed at the discretion of the Swim Commissioner(s).
 8. All Club boats are reserved for scheduled swims. Co-pilots are encouraged. Riders are prohibited.
 9. Swimmers must register during check-in and attend the swim briefing in order to swim.
 10. To swim Golden Gate or Alcatraz, members must successfully complete at least three qualifying swims and help on at least three swims.
 11. Out-of-town members must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 10 above.
- (Nothing in the above rules shall contravene any applicable Federal laws and statutes.)

Alcatraz Island
1.4 miles



Pier 41 1/2
1.2 miles

Pier 43
1 mile

Aquatic Park Cove

Gashouse Cove
1 mile

Yacht Harbor
1.5 miles

Crissy Field
2.5 miles

Fort Point
3.5 miles

*All times are approximate & subject to change.
TBD means "to be determined".*

FALL 2019

DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



Once 'Round the Cove

Dolphin Log

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Editorial Policy

Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.

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Vice President: Davis Ja

Membership Director: Janice Wood

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Recording Secretary: Andrea Morgan

House Captain: John Horner

Boat Captain: Jon Bielinski

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Jay Adams, Natasha Bernie, Ken Coren, Jay Dean, Lee Hammack, Joe Marendia, Nanda Palmieri, Dave Zovickian

Club Manager: John Ingle

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Swim Commissioners: Ryan Utsumi, Tim

Kreutzen, Kathleen Sheridan

Check-in: Eric Shupert

Clean-up: Neal Powers

Clothes Wrangling: Rebecca Wolski

Galley Captain: Nanda Palmieri

Intro to Bay Swimming: Lolly Lewis, Rose

Levien

Swim Trinkets: Margaret Keenan

Timing: Polly Rose

Rowing

Rowing Commissioner: Eric Lam

Lake Merced Captain: Jim Storm

Power Boat Commissioner: Larry Heine

Kayak Training: Terry Horn, Brian Kiernan

Pilot Training: Jon Bielinski

Shell Training: OPEN

Wooden Training: Eric Lam, John Robiola

Grizzly Challenge: Fiona Smythe

Motorized Skills and Safety Training: Larry

Heine, Holland Ja, Mark Gustin



State of Muni Pier

heed the need for a foundation under the weight room and galley and other building improvements. Let's share the joy.

Oh, and the Tri... Dolphin Club hosted, Simon and I toasted, nobody coasted, couple folks boasted. Results were posted, DC roasted. SERC turned out more people, got more points 607-232. Big gratitude to Anna Olsen who

Footprints suggest raccoons were checking the tides.

Dear Dolphins,

What a year! Thanks for all... and as we look ahead to next year, so much more to do! Let's row and swim and play handball, let's eat drink and be Dolphins, let's read together and hear more from one another at Forum, let's understand sea level rise, let's be part of rebuilding Muni Pier, let's tie more knots, let's honor all Dolphins and build the next generation, let's



Bob McKenzie, Polly Rose, Diane Walton

led the Dolphin runners, our Commissioners who did Rowing and Swimming, and Robin and her team who fed us all, happily.

-Diane Walton

Other Athletics

DC/SERC TRI Captain: Open

EFAT: Gina Rus

Handball Captain: Paul Brady

Running Commissioner: OPEN

Weight Room Captain: Robert Selsted

Lockers

Women's Captain: Jane Mermelstein

Men's Captain: David Zovickian

Club House

Gardens: Susanne Fredrick, Andy Stone

Deck Landscape: Steve Krolik

Green Team: OPEN

Pier & Deck Hands: Stephen Crawford

Social

Entertainment Commish: Robin Rome

Book Club: Kate Matthey, Anne Sasaki

Club Mixer: Todd Bloch, Nanda Palmieri

DC Forum: Joe Illick

Event Requests: Janice Wood

Ukulele Club: Carolyn Hui

Communications

Comm Committee: Andrea Morgan

Facebook: James Dilworth

Group.io: James Dilworth

Instagram: Graham Tibbets

Twitter: Nancy Friedman

Website Manager: Alana Harrington

Lost & Found

Club & Women's Locker Room: Piper

Murakami

Men's Locker Room: Hal Offen

Other

Dolphin Foundation: Chris Wagner

DC Youth Swim Fund: Diane Walton

Fundraising Committee: OPEN

Government: Ken Coren, Meg Reilly

Renovation Committee: Jay Adams, Peter van

der Sterre

Save Aquatic Park Pier: Diane Walton

Swag: Andrea Morgan

Volunteer Coordinator: Natasha Bernie

WATER WOMEN

After two long flights and a 4-hour bus ride across Peru to get to the Lima Village site of the Pan American Games, competitors from North and South America gathered for three weeks to compete in sports from cycling to taekwondo. As a member of the USA Sports Medicine Network (and a lifetime member of the Dolphin Club), I was asked to travel with the national USA Synchro synchronized swimming team as physical therapist/trainer. As of 2018, the sport has been renamed to Artistic Swimming. That is the name that everyone will hear in next year's Olympics in Tokyo.

Five thirty wake up calls for breakfast, followed by a 45-minute ride from the village to the pool and two hours of pool time practice with music, and another two hours or more practice without music. I am at the pool with the athletes throughout the day for necessary massages, localized injuries and in case of any emergency. For four days prior to the competition, I treated everything from musculoskeletal injuries, using manual therapy and taping, and led therapeutic exercises. I also addressed the non-musculoskeletal injuries: asthma attacks, foot fungus, blisters, and upset stomachs. The day usually ended at about seven for dinner, followed by team meetings, which often



Physical therapist and Dolphin Martha Maddox at the Pan American games in Lima Peru



Martha was the trainer of the Artistic Swimming team which included the duo Daniella Ramirez and Anita Alvarez

included video analysis of the day's practice. Day over at about 9pm.

The Opening Ceremony took place on July 26, when I walked with all the athletes into the National Stadium in Lima. Truly an honor! Throughout two days of competition, the National Team competed in Team Technical, and Free events and the Duet also in Technical, and Free events. The 8-member team would be one of twelve hoping to obtain podium places. The Gold Medal team would automatically earn a spot at the 2020 Tokyo Olympics.

Show time! For four minutes, athletes were judged on coordination with the music, costume, make-up, and athleticism. As in gymnastics and ice-skating, the team technical event consists of required movements done to the coach's choice of music. The Free event is done to music chosen and choreographed by the coach.

The USA Team performed beautifully, and elegantly. Both the duet and team scored enough points to win the bronze medal, behind Canada and Mexico in each time.

After a long restful summer, practice sessions in Moraga are already in full swing. The trials for Tokyo will be in March 2020. All for the American Dream.

- Martha Maddox

Barcelona-Ibiza Rowing Race to end HPV

John Marsh



The third day, “maybe the worst day of our lives.”

The NOMAN is an Island race started Monday, July 22th at about 10:00 am, from Port Vell, Barcelona. In broiling heat, our hearty crew of four “mature gents” patiently made it the 200 nautical miles to the finish line in Santa Eulàlia, on the east coast of Ibiza on Thursday, July 25th, at about 3:00pm. Our team’s corporate sponsor was Courchevel Prestige Chalets. Together, including with your generous support, the six boats and their crews in this year’s race raised about a half a million dollars toward ending HPV, which causes 5% of all cancers. NOMAN aims to raise awareness about the HPV-related cancer epidemic in men and women, campaign for universal HPV vaccination, while challenging participants to extreme endurance races across the world.

Our boat, aptly named *Patience*, came in last, but it also was the only one with four rowers (all the others had five). Our boat’s rowers’ average age, at 51, was also the highest by 15 years or more. I was the oldest rower. Nonetheless, all boats broke

elapsed time records compared to the past three bi-annual races. That’s the summary. But for the full picture, find a comfortable chair and read on.

Pre-Race Training

This challenge started two and a half years ago. While wintering in San Francisco, I joined the Dolphin Club where I learned how to properly row heavier boats on the choppy waters of the Bay. Back home in NYC, I joined the Village Community Boathouse at Pier 40 for rowing on the Hudson River and also the East River Crew on E 96th Street (for rowing on the East and Harlem Rivers). I also finally learned to swim.

The NOMAN race has been operated since 2013 by Chris Martin, a world-class British rower who rowed the Atlantic

alone. He gave us a six-month physical training program, which included many hours indoors on the Concept 2 Erg rowing machine and specialized



After 4 days of rowing



John Sulski, author, John Marsh, Russ Dyke and Mark Giancola with world-class ocean rower, Vicki Otmani, training on Lake Wynonah, PA.

gym exercises. We also had to be certified in navigation and seamanship, offshore safety at sea, and marine VHF radio use. I can now competently read nautical charts, manually plot courses, and chart pilotage plans. We were also taught how to use digital navigation tools, such as GPS and navigational waypoints, which is what we ended up using for most of the race.

The weekend in Barcelona before the race consumed two full days of preparation and practice. This included loading our boats with 200 liters of water, and practice rowing sessions, while being filmed for the charity's promotional materials.

Day One – Adrenalin

On Monday, race day, we reported at 7am and it was already feeling hot. The next days were all forecast to be nearly 90° F. The first leg would take us safely out of the high traffic shipping lanes.

The second, and the longest leg, to a point between the Isla Tagomago and Isla Ibiza, about ten miles northwest of the finish line. The third leg was to an isolated cardinal buoy by a big scary rock near Santa Eulàlia. Two support boats would follow us throughout the race. Already somewhat fatigued by jet lag and the hot weekend of preparations, we all set off at about 10am.

Through sunset and most of the night, the water was unexpectedly flat and calm. In hindsight, we made our first of two errors. We chose to row easily at about three to four knots in this fabulously calm water thinking to conserve our energy. In retrospect, we should have taken advantage of these perfect conditions and rowed much harder and faster as most of our competitors did. Instead, we got to enjoy the sunset, which was spectacular, reflecting on the glassy

sea. We even shared it with some dolphins.

Day Two – Acceptance

The morning of day two was pretty uneventful, but as the day wore on, the seas and wind picked up. Still, we were making decent progress, though still taking our time. Early on we had devised the overall--we thought winning--strategy of keeping the boat moving at all times during shift changes of each pair of rowers. One pair stayed aft, the other in the bow, each, "sleeping" at the respective ends of the boat. We had harnesses on our life jackets and were required to be always tethered to our jack lines while on deck. This way, we didn't have to cross over each other and tangle our tethers.

A hot sun was a relentless challenge. Our cabins, narrower than



Alternating strokes John Sulski, resting, and John Marsh.

a kid's bunk bed, were little refuge as they absorbed the sun's energy and were often hotter than the open deck. We could hardly hydrate enough, quickly consuming 1.5 liter bottles of water hot enough to make tea. We tried rowing for an hour and resting an hour during the day, and two hours on/off at night. We were all wearing scopolamine (anti-seasick) patches, but my bunkmate lost his patch, and then with all the pitching, his lunch.

Finally, a second sunset with no land in any direction, more moderate seas, and harder night rowing.

Nighttime presented more danger, as we couldn't see other vessels. Yes, we had AIS and a radar beacon emitting electronically to other vessels. But we were a six meter speck in comparison to some of the 120-170 meter vessels making way out there. This is where the support boats played an essential role, often providing us early warning of an approaching ship, or sometimes instructing us to alter course drastically. But the support boat couldn't be everywhere. This second night we encountered a large towering commercial fishing vessel that looked like a moving oil platform. It was trawling with huge nets and bright spotlights, and would change course suddenly, first moving away from us, then suddenly coming right back. It was impossible to calculate its Closest Point of Approach, and we could never be sure they saw us. At one point it seemed to point its spotlights on us and move closer to take a look. Quite unnerving!! There were three more

times we had to work with the support boat to avoid large container ships and their strong wakes.

Day Three – Delirium

This was the worst day of the race (and maybe our lives). Sea conditions deteriorated, with much larger and more frequent waves. I began to hallucinate: the squeaky oars sounded like voices talking, and I saw a skyline of buildings in the haze.

I was in charge of navigation, and had trouble plotting the final waypoint. Trying to read charts in the spinning cabin was tough, and the scale of the chart wasn't large enough to make out the small island referenced in our instructions. It turns out that the race officials gave an incorrect set of coordinates.

Then, when the other bow oarsman became seasick, we realized our second mistake; we weren't eating enough solid food. We were relying far too much on our sports bars instead of eating a proper meal. We all started to feel much better once we ate some of the rehydrated food.

Rowing was getting harder, the boat pitching from left to right with each wave. Imagine, for the next eight hours, feet strapped in, sitting in the drum of a front-loading washing machine, being turned one way, then snapped back really fast. All the time trying to get your oars in the water. Still, it was better than being bounced around inside the cabin banging your head on the walls. We were down to making just one or two knots. And we were miserable.

The agreed upon row-plan went overboard. My partner and I who were the stronger rowers fell into rowing 2 to 2-1/2 hours at a time, while the other two settled for rowing one hour on and one hour off.

At last, we saw land. But it was on our port side! It was the larger island of Mallorca. Still, this was progress. Our spirits raised, a bit. But then the wind returned. For much of the night, we had to row three strokes to port for every stroke to starboard.

Day Four – Redemption

Finally, during the wee hours of morning, we got a helpful swell that pushed us south for a few hours. The pitching decreased to every fifth stroke, and by morning light, we saw Ibiza.

The final ten miles was also pretty tough, rowing between Isla Tagomago and Isla Ibiza, through choppy waters and wakes of large fast-moving pleasure boats, oblivious of our trials.

As we disembarked the boat, we each had that 1,000-yard stare and wobbly legs that lasted a week. Waiting for us were my family, the support staff, the other enthusiastic crews, and a very hot bottle of bad champagne.

*Race to End HPV and 5% of All Cancers
HPV and Anal Cancer Foundation
PO Box 232
New York, NY 10272-0232*

*In Memo please write: Marsh/Row
Your donation is fully tax-deductible.*

D C Forum

Six Years of Unanticipated Insights

Joe Illick

I had no forum in mind when I called my friend Kevin Starr, former state librarian and USC history professor, having just re-read his *Golden Dreams: California in an Age of Abundance, 1950-1963* (2009), part of a five volume series. I wanted to share my enthusiasm for the book with my fellow Dolphins; he had once swum with us and now agreed to address us.

The promise of this session attracted an audience of fifty. Everyone was there but Kevin, a busy man, distracted by family affairs he later confessed. Nevertheless, we were able to have a lively discussion of his book without him, and several people suggested we might get together yet again. I agreed.

At this point I thought that a conversation about shared reading was preferable to listening to a lecture, but my idea proved to be wrong. I tried that way several nights, each time the audience diminishing until one evening it was only Polly Rose and me. I guessed that I was prisoner of my professorial past, believing assignments had to be carried out but forgetting I had no grade book. I abandoned that approach and stuck to speakers thereafter.

I was sure there were numerous Dolphins pursuing audience-worthy projects, some of them writing about their work. I had recently talked with Kate Coleman, a journalist, about some articles she had penned on prominent Black Panthers and the response she received. She agreed to share her observations with us.

That worked well, and Dolphins have had the opportunity to hear the spoken word from their fellow swimmers and boaters (most speakers have been club members) for close to six years. I had no method in mind about speakers: I contacted some, others volunteered, others were offered or called for by their friends or admirers. Maybe it was a stroke of good fortune that I got little advice about the forum, and perhaps that was only a sign of indifference. Probably the often-small audiences were indicative of the latter, or perhaps a Thursday evening is not a convenient time.

Those are issues I can't resolve.

What I offer here is a quick and painless way of learning the content of what we considered by categorizing the talks but not exploring them in any detail. Needless to say, I haven't attempted grading them (for all the obvious reasons), but it's fair to say that there was never a session without interested listeners.

Despite the strong partisan tone everywhere I've been, very little of it was evident in our sessions. Kate's observations were political, given the nature of her subject (and Kate). And I invited to speak Seth Rosenfeld, a local freelance journalist whose book, *Subversives: The FBI's War on Student Radicals, and Reagan's Rise to Power*, is based on thirty years worth of documents released from the Department of Justice (he encouraged me to get my own report, which I did). Danny Altman spoke twice about his funding of progressive community efforts around the nation and, after elections, about the results of his approach. The closest we came to conventional politics was a talk by Jeremy Larner, who wrote speeches for Eugene McCarthy in the 1968 Democratic primary and received an Oscar for writing the screenplay for "The Candidate," now pondering whether there was a place for comedy in the Age of Trump.

Wolf Richter's analysis of Trump's effect on the Wall St. economy was

not political in any conventional sense of the word; in his earlier session, explaining why he created his financial website in troubled times, he made evident his belief that economic analysis can stand clear of partisanship.

International politics were covered in their Middle Eastern setting, twice, by Berkeley professor Peter Bartu. His intimate acquaintanceship with the Arab Spring and the friction between Saudi Arabia and Qatar held large gatherings spellbound for two evenings. Other parts of the world went neglected from a civic perspective, but Thad Carhart provided a charming self-portrait in his *Finding Fontainebleau: An American Boy in France*. Thad Vogler included France along with Scotland, Mexico and Cuba where (in *By the Smoke and the Smell*) he searched for hand-made spirits to sell in San Francisco and give to forum attendees.

In his travelogue, Cesar Manzano showed slides and talked about his two-and-a-half years (living out of his backpack!) visiting places in the world westerners rarely see.

Exotic adventures abroad were also the subject of "We, The Voyagers," anthropologist and ancient sailing cultures student Mimi George's film, part of a project in Polynesia to perpetuate ancient seafaring knowledge and practice. More down



Thad Carhart at his piano on the Left Bank.



Cesar Manzano and Alexa Bruce were dog sitting at a friend's house in the capital of Myanmar, Yangon, during Thingyam, the Burmese New year Festival during their 2-1/2 year world trek.

to earth, so to speak, are efforts at island conservation around the world, as explained through an example in Sri Lanka by Seacology's Aaron Rashba. In a similar vein, restoration ecologist Gretchen Coffman talked about her work in conservation and restoration in Laos, an undertaking that drew us into the world of science, as Gretchen's wide-ranging work in California and Southeast Asia makes clear.

Michael Webster, director of the Coral Reef Alliance, put forward his optimistic view of how coral reefs can survive in the next century, given the adverse effects of climate change. These consequences were evident in Sky Stanfield's and Jeff Russell's

comprehensive survey of the background to climate change, as well as David Ufferfilge's take on low-carbon living as a response to that change. While honoring the work of our conservationists, I expected more Dolphins would want to talk, and talk passionately, about this most dire of all issues facing us today. The literature is rich, though also discouraging. There are reasons why we have so much trouble discussing it, but we should,

and I hope future forums will address it.

We can, however, celebrate nature as we now have, or have had, it. Ariel Rubissow-Okamoto, author of *Natural History of San Francisco Bay*, is clear on how human history has affected natural history. Marine biologist David McGuire, founder of Shark Stewards, discussed sanctuaries. Bill Keener and Izzy Szczepaniak, crustacean research biologists, focused on

porpoises, dolphins and whales in the Bay. Mischa Hedges, director of the documentary "Of the Sea" on California fishermen, was accompanied by Maria Finn, who served food from Real Good Fish.

The Sacred Mountain: The Conquest of Everest author Stan Huncilman, from the group Desert Survivors, pointed to its efforts at land and desert conservation, not to mention camping adventures, while the ever-popular Sid Hollister appeared several times to discuss local birds. Soaring higher in the universe, amateur astronomer Ken

Frank twice used telescopes to demonstrate the total solar eclipse.

Moving from the universal to the local, Piper Murakami brought us two speakers: Dennis McNally expounded on the Summer of Love in San Francisco and, on a related topic, Jonathan Kaufman opened our appetites to Hippie food. Photographer Anne Hamersky discussed "behind-the-scenes" stories of her recently installed billboard food photos at the Ferry Building.

Wired editor Mark Robinson and writer Josh Davis talked about making journalism work, i.e., creating a compelling narrative for a national glossy magazine. Marie Sales rendered a tightly organized and illuminating

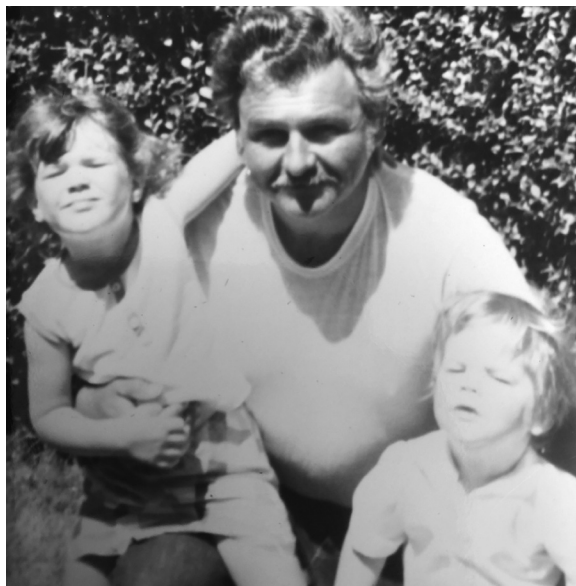


Kim Chambers, Lynne Cox and Suzanne Heim, three of the world's great swimmers, appeared at separate sessions of the D C Forum.

presentation on community fundraising.

Even more attuned to our local awareness, of course, are the subjects of swimming and boating. Larry Scroggins wondered whether it was time for the DC to change the boundaries of cove swimming. Robin Rome drew on her studies in anthropology and her longtime club experience to explain the inner dynamics of our organization. Wendy Schuss talked about the inspiration for and making of her film "Whitehall."

Sara Newens, shooting from our dock, alluded to polar bear prowess in her short film, "The Comforts of Cold." Suzanne Heim, who has dominated our record board for years, commented on her exploits on the Diablo Valley swim team, depicted in the film "Freshman at Fifty."



Meredith May with her younger brother and their grandfather, who taught the art of bee-keeping.



Anne Hamersky with Joe Schirmer, Dirty Girl Produce farmer-owner.

And in an emotion-laden movie we watched Kim Chambers prepare for and carry out her incredible journey from the Farallons in “Kim Swims,” directed by our own Kate Webber. We also heard from the first all-women’s English Channel team: Joni Beemsterboer, Carol McGrath, Karen Tucker, Susan Allen, Susan Cobb and Susan Smith.

Another Channel swimmer, Lynne Cox, emerged from the Bering Sea and the coast of Antarctica to

discuss her latest book, *Swimming in the Sink*, describing her loss of parents and her dog plus the discovery of a life-threatening heart condition that left her unable to swim but, fortunately, capable of falling in love. Marriage and family therapist Van Metaxas elaborated on *Conspiring to Heal: A Love Story*, his moving account of emotional growth and the death by cancer of his wife Maria, also a Dolphin. Jeff Gunderson, exploring the turbulent relationship between married artists Gordon Cook (DC) and Joan Brown (SERC), made it clear that oil paint and water don’t mix.

Michelle Cobble, who is working with refugees on Lesbos, Greece, explained that teaching girls to swim has empowered them. Meredith May, whose *I, Who Did Not Die* portrays an Iraqi fighter and the Iranian child soldier who rescued him, wounded on the battlefield, and their unexpected, emotional reunion, spoke of compassion and

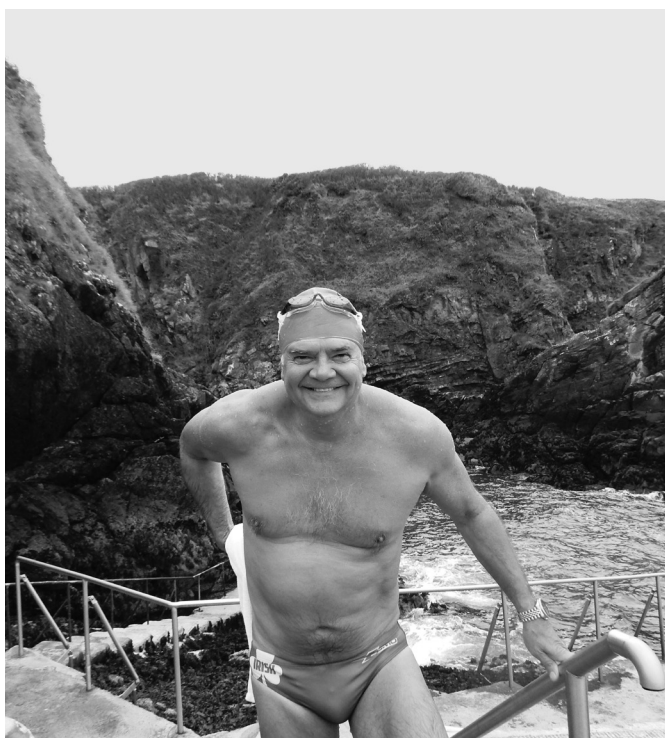
emergent friendship. Meredith, a local beekeeper, gave us a second personal story, her own, in *Honey Bus: A Memoir of Loss, Courage and a Girl Saved by Bees*, in which her grandfather played a heroic role.

Taking care of yourself can seldom be accomplished alone, though biographer Jonathan Eig wrote on a figure who took a good swing at it, and not only in the ring; see *Ali: A Life*. Health economist Jamie Robinson, in *Purchasing Medical Innovation*, traces the nature and the cost of innovation in U. S. health care. For less complex approaches to well being, Mikkell Aaland would recommend his *Sweat...*, describing the sauna, while Natazha Raine O’Connor favors a bronchial entry in *Rescued by My Breath*.

Back in early 2014, I recommended we read and discuss James Salter’s *A Sport and a Pastime*, my idea of a fast, racey but top rate novel. No takers. So I left literary efforts to fellow Dolphins and friends. Daniel Handler’s *We Are Pirates*, ostensibly a children’s book, had plenty of adult admirers, no doubt an index of its author’s humorous delivery and his provision of non-childish refreshments. Local historian Peter Neil Carroll’s *Fracking Dakota: Poems for a Wounded Land* evoked the nineteenth-century massacre of the Lakota Sioux. Writer Camille Cusumano’s *Wilderness Begins at Home* is a collection of stories about travels with her “big Sicilian family.”

Radio host Michael Krasney’s *Let There Be Laughter*, a gathering of Jewish humor, was a constant laugh-provoking assault with dialect. And John Perino did his club mates the favor of bringing in three North Beach writers – Ernie Beyl, Herb Gold and Terry Tarnoff -- to reminisce about their work.

Finally, and gratefully, we listened to music. Ben Goldberg, Adam’s brother, played his storied clarinet to lead a jazz trio. And Ken Miller, bassist with the SF Symphony but also a jazz musician, entertained us. We need more music.



Larry Scroggins swimming out of cove in Ireland

DOLPHIN LOG SWIM STATISTICS

Fort Point Swim
AUGUST 31, 2019

The weather was perfect for the longest swim of the year. The current was slower at the start than expected but picked up and was racing along the Muni Pier. Two groups started 20 minutes apart: first, a slower group; next, a faster group.

Place	Name	Time
1	John Renko	48:58
2	Jari Salomaa	54:33
3	Ben Clark	55:00
4	Anna Schatz	56:45
5	Cesar Manzano	57:08
6	Chris Wagner	58:24
7	Wendy Schuss	58:59
8	Hubert Chaperon	59:15
9	Wendy Kordesch	59:36
10	Steve Carlson	59:50
11	Marie Sayles	1:02:59
12	Richard Haymes	1:03:18
13	Laura Grubb	1:03:20
14	Donald Thornburg	1:03:22
15	Mauricio Prieto	1:03:30
16	Matthias Fore	1:03:42
17	Nancy Booth	1:04:07
18	Kathleen Duffy	1:06:02
19	Quinn Duffy	1:06:03
20	Tom Neill	1:06:12
21	John Gibbon	1:07:12
22	Marlin Gilbert	1:07:48
23	Crissa Williams	1:09:00
24	George Chamales	1:14:13
25	Danny De Leon	1:14:58
26	Donna Schumacher	1:42:08

Pilots: Natazha Bernie, John Blackman, Barry Christian, Jim Frew, Larry Heine, Evan Hirsch, Brian Kiernan, Tim Kline, Timothy Kreutzen, Eric Lam, Charmaine Leonard, Tor Lundgren, Grant Mays, Thomas McCall, Mikhail Melnikov, Donald Osborne, Jesse Pence, John Robiola, Gina Rus, Sibylle Scholz, Scott Stark, Monica Towers, Ryan Utsumi, Diane Walton
Helpers: Joni Beemsterboer, Josh Bernstein, Peter Bianucci, Andrew Cassidy, George Chamales, Ben Clark, Carol Clark, Signe Curtis, Eileen David, Susan Garfield, John Gibbon, Brian Gilbert, Laura Grubb, Carolyn Hu, Tom Hunt, Bastiaan Koch, Tracy Lorenz, Bri McCarthy, Ken Miller, Peter Neubauer, Emily Nogue, Timothy O'Shea, Joseph Omran, Era Osibe, Nanda Palmieri, Paco Rosas, Marie Sayles, Susan Saylor, Anna Schatz, Suzanne Scott, Eric Shupert, Sona Sondhi, John Thorpe, Nico Van Dongen, Chris Wagner, Cheryl Wallace, Rebecca Wolski, Janice Wood, Madhuri Yechuri
Test swim: Barry Baskin, Andrew Cassidy, Keira Koss-Baker, Bri McCarthy, Hal Offen, Joseph Omran, Matt Stromberg, John Blackman, Charlie Cross, Duke Dahlin, Joe Gannon, Brian Kiernan, Timothy Kreutzen, Maggie Lonergan, Thomas McCall, Sibylle Scholz, Scott Stark, Ryan Utsumi

Dolphin / South End Triathlon
SEPTEMBER 14, 2019

2019 DC/SE TRI TOTALS: DOLPHINS 232 SOUTH END 607

Row:	Dolphin Club	27
	South End	233
Swim:	Dolphin Club	89
	South End	231
Run:	Dolphin Club	113
	South End	158

2019 DC/SE Triathlon (Dolphins Only) Swimming Results - Saturday 9/14 Yacht Harbor

Place	First Name	Last Name	Gender	Age Bracket	Total Points
1	Joby	Bernstein	M	35 and Under	12
2	Allison	Arnold	F	35 and Under	12
5	Quinn	Fitzgerald	M	36 - 50	3
7	John	Renko	M	36 - 50	1
11	Suzanne	Heim	F	51 - 64	7
23	David	Rich	M	51 - 64	3
24	Patrick	Grady	M	51 - 64	1
26	Anna	Schatz	F	35 and Under	1
27	Steve	Schatz	M	51 - 64	1
30	Michael	Tschantz	M	51 - 64	1
36	Hubert	Chaperon	M	35 and Under	1
37	Tim	Smith	M	35 and Under	1
44	Duke	Dahlin	M	65+	1
46	Wendy	Kordesch	F	35 and Under	1
49	Steve	Carlson	M	36 - 50	1
50	Jaron	Ness	M	35 and Under	1
51	Ben	Clark	M	36 - 50	1
54	Anna	Olsen	F	35 and Under	1
59	Peter	Hollingsworth	M	51 - 64	1
60	Tim	Haynes	M	35 and Under	1
61	Duff	Hearon	M	35 and Under	1
64	Amanda	Ernzer	F	35 and Under	1
66	John	Gibbon	M	51 - 64	1
67	Evelyn	Fisher	F	35 and Under	1
78	Peter	Bartu	M	51 - 64	1
79	David	McGuire	M	51 - 64	1
82	Cyril	Rocoffort	M	35 and Under	1
85	Tom	Neill	M	65+	1
86	Tom	Reynolds	M	36 - 50	1
88	Kate	Mapstone	F	35 and Under	1
92	Thomas	Martell	M	35 and Under	1
97	James	Dilworth	M	36 - 50	1
101	Ben	Faw	M	35 and Under	1
103	Jean	Allan	F	51 - 64	1
106	Sean	Lavelle	M	35 and Under	1
108	Julian	Sapirstein	M	65+	0
111	Evan	Lamarre	M	35 and Under	0
114	Mickey	Lavelle	M	65+	0
121	Jon	Nakamura	M	51 - 64	0
122	Daniel	Wheeler	M	36 - 50	0
124	Margaret	Keenan	F	51 - 64	1
126	PJ	Skarlanic	M	36 - 50	0
130	Chris	Germain	M	51 - 64	0
134	Morgan	Kulla	F	65+	7
139	David	Strasburg	M	36 - 50	0
142	Kelly	Trombley	F	35 and Under	1
143	Sunny	McKee	F	65+	3
146	Laura	Grubb	F	51 - 64	1
154	Megan	Wachs	F	36 - 50	0
155	Peter	Cullinan	M	51 - 64	0
163	Kathleen	Secombe	F	35 and Under	1
164	Rebecca	Wolski	F	35 and Under	1
169	Alex	Sigal	M	36 - 50	0
174	Denise	Sauerteig	F	36 - 50	1
177	Andrew	Van Wormer	M	35 and Under	0
181	Nancy	Hornor	F	65+	1
183	Daniel	Wolf	M	35 and Under	0
185	Janine	Corcoran	F	36 - 50	1
186	Jamie	Robinson	M	65+	0
188	Erin	Figel	F	35 and Under	1
189	Nicholas	Wilson	M	36 - 50	0
192	Holly	Reed	F	65+	1
196	Bob	Blum	M	51 - 64	0
197	Bill	Burke	M	65+	0
200	Gretchen	Coffman	F	36 - 50	0
204	Paco	Rosas	M	36 - 50	0
205	Kathleen	Duffy	F	65+	0
207	Maggie	Lonergan	F	35 and Under	0
213	John	Wilde	M	36 - 50	0
215	Tracy	Lorenz	F	35 and Under	0
216	John	Hornor	M	65+	0
217	Hal	Offen	M	65+	0
218	Doug	Lawney	M	36 - 50	0
228	Wafaa	Sabil	F	36 - 50	0
229	Barry	Baskin	M	65+	0
231	Lisa	Domproeich	F	51 - 64	0
233	Kent	Myers	M	51 - 64	0
234	Joe	Gannon	M	65+	0
236	Jim	Frew	M	51 - 64	0
244	Mary	Cantini	F	65+	0

2019 DC/SE TRI RUN RESULTS (only Dolphins) Dolphin Club 89 South End 231

Peter Badertscher M 51-64 12
Tim Smith M 35 and under 12
Tim Dumm M 36-50 3
Evelyn Fisher F 35 and under 12
Joby Bernstein M 35 and under 7
Cyril Rocoffort M 35 and under 1
Andrew Van Wormer 1 M 35 and U
Daniel Wheeler 1 M36-50
Evan Lamarrer M 35 and under 1
Tim Klein M 35 and under 1
Tom Dugan M 51-64 3
Jonathan DePriest M 36-50 1
Erick Davidson M 35 and under 1
Alex Siga M 36-50 1
Kate Mapstone F 35 and under 3
John Wylde M 36-50 1
Anna Olsen F 35 and under 1
Rebecca Wolski F 35 and under 1
Denise Sauerteig F 36-50 3
Amanda Ernzer 1
James Dilworth M 36-50 1
Nemanja Spasojevic M 36-50 1
Nicholas Wilson M 36-50 1
John Gibbon M 51-64 1
Sean Lavelle M 35 and under 1
Greg Anders M 65+ 12
Ian Schmidt M 36-50 1
Chris Tschinkel M 36-50 1
Allison Arnold F 35 and under 1
David Rich M 51-64 1
Eloise Warren F 36-50 1
Daniel Wolf M 35 and under 1
Jennifer Thomas F 36-50 1
Roger Hansen M 65+ 3
Sunny McKee F 65+ 12
Lisa Domproeich F 51-64 3
Hal Offen M 65+ 1
Peter Neubauer M 65+ 1
Gretchen Coffman F 36-50 1
Margaret Keenan F 51-64 1

DOLPHIN LOG SWIM STATISTICS

Dolphin Club Escape From Alcatraz Triathlon SEPTEMBER 21, 2019

39th Annual Dolphin Club Escape from Alcatraz Triathlon						Start time 7:25					
Saturday September 21, 2019											
RACER INFORMATION SHEET											
Place	Fname, Lname	Prior EFAT	G	Age	Cruiser	Club	Swim Time	Bike Time	Run Time	Total Time	Notes
1	Wynn, Andrew	4	Male	30	No	Dolphin	0:34:15	0:49:45	2:31:00	3:55:00	Fastest Overall
2	Fisher, Evelyn	1	Female	30	No	Dolphin	0:53:10	0:53:50	2:38:00	4:25:00	Fastest Woman
3	Bernstein, Joby	v	Male	24	No	Dolphin	0:28:49	0:55:12	3:01:00	4:25:01	Fastest Swim
4	Moulder, Stuart	2	Male	54	No	Dolphin	0:46:07	0:49:53	2:49:02	4:25:02	
5	Strasburg, David	5	Male	39	No	Dolphin	1:00:41	1:09:19	2:26:00	4:36:00	Fastest Run
6	Brown, Tom	8	Male	48	No	Dolphin	0:51:43	0:54:17	2:52:00	4:38:00	
7	Chaperon, Hubert	2	Male	32	No	Dolphin	0:41:56	0:52:04	3:06:00	4:40:00	
8	Auner, Nelson	1	Male	27	No	S.E	1:02:33	0:49:27	2:50:00	4:42:00	
9	Badertscher, Peter	2	Male	56	No	Dolphin	0:59:06	0:47:54	3:01:00	4:48:00	Fastest Bike
10	Reid, Daniel	2	M	47	Yes	S. E.	0:49:23	0:53:37	3:06:00	4:49:00	
11	Vartain Horn, Laura	4	female	38	No	Dolphin	0:46:31	0:59:29	3:04:00	4:50:00	
12	Tilles, Ted	4	male	47	No	Dolphin	0:58:56	0:52:04	3:02:00	4:53:00	
13	Foster, Cyrus	v	Male	33	No	Dolphin	1:03:25	0:52:35	2:59:00	4:55:00	
14	Buck, Peter	2	Male	46	Yes	S. E.	0:42:46	0:53:14	3:25:00	5:01:00	
15	Jack, David	1	Male	42	No	Dolphin	1:02:41	0:52:19	3:07:00	5:02:00	
16	Matthay, Brian	5	male	37	No	Dolphin	1:04:18	0:59:42	3:03:00	5:07:00	
17	Ernzer, Amanda	3	Female	31	Yes	Dolphin	0:44:23	0:59:37	3:24:00	5:08:00	
18	Olsen, Anna	1	Female	33	No	Dolphin	0:48:27	1:10:33	3:12:00	5:11:00	
19	Fisch, Justin	v	Male	29	No	Dolphin	0:59:51	0:52:09	3:25:00	5:17:00	
20	Ottersberg, John	7	Male	56	Yes	Dolphin	0:39:26	0:56:34	3:43:00	5:19:00	
21	Fisher, Peter	v	Male	40	No	S. E.	0:57:57	0:59:03	3:24:00	5:21:00	
22	Calder, Allan	13	Male	50	Yes	S. E.	0:51:46	0:57:14	3:34:00	5:23:00	
23	McKellips, Terry	3	Male	56	No	S. E.	1:02:36	0:54:24	3:31:00	5:28:00	
24	Sigal, Alex	7	Male	42	No	Dolphin	1:22:20	0:54:40	3:13:00	5:30:00	
25	Callan, Jennie	v	Female	24	No	Dolphin	1:34:39	1:10:21	2:51:00	5:36:00	
26	Spasojevic, Nemanja	v	Male	37	Yes	S. E.	0:36:24	1:12:36	3:47:00	5:36:00	
27	Gibbon, John	2	Male	55	Yes	Dolphin	0:52:12	0:52:48	3:53:00	5:38:00	
28	Halsted, Scott	4	Male	59	No	Dolphin	1:21:44	0:57:16	3:24:00	5:43:00	Repositioned in swim
29	Wheeler, Daniel	4	male	49	No	Dolphin	0:58:26	1:37:34	3:08:00	5:44:00	
30	Hill, John	2	Male	56	No	S. E.	0:42:47	0:52:13	4:10:00	5:45:00	
31	Lundgren, Tor	v	Male	45	No	Dolphin	0:42:22	1:00:38	4:04:00	5:47:00	
32	Stromberg, Matt	v	Male	49	No	Dolphin	0:43:17	0:59:43	4:05:00	5:48:00	
33	Cable, Bob	2	Male	48	No	Dolphin	0:50:01	1:14:59	4:00:00	6:05:00	
34	Wilson, Nicholas	v	Male	36	No	Dolphin	1:22:21	1:11:39	3:33:00	6:07:00	
35	McElligott, Tim	1	Male	34	No	Dolphin	0:44:15	1:04:45	4:21:00	6:10:00	
36	Egami, Jay	3	male	59	No	S. E.	1:18:12	1:11:48	3:48:00	6:18:00	Repositioned in swim
37	McFadden, Sean	15	Male	52	Yes	Dolphin	0:51:28	0:52:32	4:40:00	6:24:00	
38	Criscitiello, Rachel	v	female	38	No	S. E.	1:32:44	1:13:16	3:56:00	6:42:00	
39	Worthman, Catha	v	Female	51	No	S. E.	0:56:28	1:39:32	4:06:01	6:42:01	
40	Lavelle, Sean	v	Male	33	Yes	Dolphin	0:59:47	1:16:13	4:27:00	6:43:00	
41	Ruppert, Jim	5	male	57	No	Dolphin	1:24:20	1:10:40	4:17:00	6:52:00	repositioned in swim
42	McKee, Sunny	21	Female	70	No	Dolphin	1:04:03	1:12:57	4:39:00	6:56:00	repositioned in swim
43	Walker, John	v	male	51	Yes	S. E.	0:43:58	1:02:02	5:11:00	6:57:00	
44	Wolfe, Daniel	v	Male	31	No	Dolphin	1:30:45	1:11:15	4:38:00	7:20:00	
45	Offen, Hal	18	Male	70	No	Dolphin	1:40:03	1:12:57	4:40:00	7:33:00	
46	Nakamura, Jon	29	M	62	No	Dolphin	1:08:07	1:22:53	5:08:00	7:39:00	
47	Linthicum, Tom	22	M	61	Yes	S. E.	1:12:11	1:14:49	5:21:00	7:48:00	
48	Anderson, Greg	v	Male	66	No	Dolphin	1:39:33	1:48:27	4:37:00	8:05:00	
49	Taylor, Phil	11	M	67	No	S. E.	1:11:58	1:38:02	5:37:00	8:27:00	
50	Coffman, Gretchan	2	Female	50	No	Dolphin	1:45:15	1:44:45	5:08:00	8:38:00	
51	Webb, Mike	26	Male	70	No	Dolphin	1:36:02	2:05:58	5:07:00	8:49:00	
DNF	Sabil, Wafaa	v	Female	42	No	Dolphin	1:19:12			DNF	Just did swim
DNF	Baskin, Barry	1	Male	66	Yes	Dolphin	Pulled			DNF	Pulled

Relay Team	Swim	Bike	Run	Total Time
TURTLES 2	58:20	43:40	2:13:00	3:55:00
Thomas Partridge				
David Nosrati				
Peter Callan				
Breed/Smith	28:23	54:37	2:37:00	4:00:00
GARDEN CLUB	44:36	1:16:24	3:03:00	5:04:00
Hearon/Ness				
MAMAZING	1:28:07	55:53	3:04:00	5:28:00
Levien				
Smythe				
Liskamm				
Sherman/McCarthy	43:14	1:02:46	3:50:00	5:36:00
THE HUMPBACKS	46:27	48:33	4:02:00	5:37:00
Kordesch/Mattei/Zac				
FLAG LINE TRIMARAN	47:08	1:28:52	3:33:00	5:49:00
Carlson/Dumm				
PARTIAL TRIPE	34:55	1:03:05	5:05:00	6:43:00
McDonald/Schwaab				
THE THREE B'S	46:43	1:00:17	5:10:00	6:57:00
Bartu/Baskin/Rus				



Women and men's winners of EFAT, Evelyn Fisher and Andrew Wynn

DOLPHIN LOG SWIM STATISTICS

Joe Bruno Goldeen Gate Swim OCTOBER 6, 2019			Joby Bernstein, Peter Bianucci, Bill Burke, Steve Carlson, Andrew Cassidy, John Davis, Anthony DuComb, Susan Garfield, Lewis Haidt, Mark Harrold, Trevor Haynes, Keith Howell, Tom Hunt, Mara Iaconi, Jean Lamming, Andrea McHenry, Stuart Moulder, Jaron Ness, Emily Nogue, Hal Offen, Nanda Palmieri, Holly Reed, Paco Rosas, Polly Rose, Marie Sayles, Eric Shupert, Gregory Slatoff, Andy Stone, John Thorpe, Monica Towers, Michael Tschantz-Hahn, Janice Wood, Madhuri Yechuri Test swim: Lauren Au, Peter Bartu, Lindzy Bivings, Andrew Cassidy, Duke Dahlin, Randall Edwards, Tom Neill, Jon Bielinski, Bob Cable, Gina Edwards, Erin Figel, Chris Germain, John Grunstad, Mark Harrold, Terry Horn, Brian Kiernan, Timothy Kreutzen, Maggie Lonerger, Thomas McCall, Jaron Ness, John Robiola, Wendy Schuss, Kathleen Sheridan, Ryan Utsumi, Rebecca Wolski, Peter Cullinan		
The weather cooperated and gave us a beautiful day for a swim. The jump was done in two waves, the first group was the slower swimmers and the second group the faster swimmers. The ebb did kick in a little sooner than expected; even so, the last swimmers to finish were under an hour. Thanks to everyone who made the day special.			Alcatraz Swim OCTOBER 19, 2019		
Place	Name	Time	We had another beautiful day for a swim: the last organized swim of the year. The jump was done in two waves, the first group was the slower swimmers and the second group the faster swimmers. Smiles were ubiquitous among those who finished.		
1	Joby Bernstein	18:54	Place	Name	Time
2	Allison Arnold	19:10	1	Joby Bernstein	31:37
3	Patrick Grady	24:04	2	Chris Wagner	38:07
4	Michael T-Hahn	24:13	3	Steve Schatz	38:40
5	Steve Schatz	24:24	4	Anna Schatz	38:48
6	Anna Schatz	24:30	5	Michael T-Hahn	39:16
7	Tor Lundgren	24:45	6	Laura Burtch	39:52
8	Cesar Manzano	25:55	7	Jaron Ness	42:02
9	Timothy McElligott	26:18	8	Hubert Chaperon	42:40
10	Steve Carlson	26:29	9	Tom Neill	43:18
11	Jaron Ness	27:50	10	Chris Germain	43:24
12	Stuart Moulder	28:07	11	Wendy Kordesch	43:28
13	Bob Cable	28:09	12	Jason Prodoehl	43:48
14	Chris Germain	28:27	13	Donald Thornburg	43:58
15	Tim Haines	28:30	14	Wendy Schuss	44:05
16	Margo Snyder	28:45	15	Margaret Keenan	46:52
17	Tom Neill	28:57	16	John Haymaker	47:15
18	John Gibbon	29:13	17	Matthias Fore	47:22
19	Wendy Schuss	29:26	18	Mick Lavelle	47:52
20	Mick Lavelle 2	9:30	19	Charlie Cross	48:06
21	John Haymaker	30:26	20	Sean Lavelle	48:36
22	Charlie Cross	30:39	21	Aniko Kurczinak	49:38
23	Sean Lavelle	30:49	22	Nancy Booth	51:48
24	Jean Allan	30:54	23	Marie Sayles	52:12
25	Bri McCarthy	30:57	24	Keith Nelson	52:32
26	Paul Wolf	31:20			
27	Peter Cullinan	32:40			
28	Aniko Kurczinak	33:41			
29	Morgan Kulla	33:47			
30	Wendy Kordesch	34:02			
31	Kristina Kordesch	34:08			
32	Marie Sayles	34:25			
33	Terry Huwe	34:28			
34	Trevor Haynes	34:42			
35	Mark Harrold	35:05			
36	Denise Sauerteig	35:20			
37	Holly Reed	35:36			
38	Marcy Michael	35:51			
39	Nancy Booth	36:02			
40	Marlin Gilbert	36:10			
41	Derrick Rebello	36:15			
42	Nancy Hornor	36:25			
43	Dean Badessa	36:37			
44	Mara Iaconi	36:39			
45	Hal Offen	36:43			
46	Maggie Lonerger	37:26			
47	Mark Lenz	37:51			
48	Gretchen Coffman	38:19			
49	Erin Figel	38:30			
50	Janine Corcoran	38:38			
51	John Hornor	39:22			
52	Lewis Haidt	39:35			
53	Bill Burke	40:13			
54	Bianca Liederer	40:26			
55	Ken Coren	41:15			
56	Paco Rosas	42:47			
57	Bobby Lu	42:49			
58	Rose Levien	43:00			
59	Jim Frew	43:07			
60	Wafaa Sabil	44:04			
61	Tim Kline	44:19			
62	Jamie Robinson	44:31			
63	Robin Rome	50:20			
64	Kent Myers	50:25			
65	Barry Baskin	50:27			
66	Cheryl Wallace	51:07			
67	Stuart Gannes	52:16			
68	Cynthia Barnard	54:21			
ns	Ben Clark, Zachary Walton				
dnf	Kathleen Duffy, Susan Lauritzen Carolyn Hui, Peter Neubauer				
	Pilots: Eliana Agudelo, Christopher Bessette, Jon Bielinski, Lindzy Bivings, John Blackman, George Chamales, Barry Christian, Thomas Davis, Anthony DuComb, Tim Dumm, Justin Fisch, John Grunstad, Roger Hansen, Larry Heine, Lindsey Hoshaw, Gavin Jefferies, Brian Kiernan, Timothy Kreutzen, Grant Mays, Thomas McCall, Mikhail Melnikov, George Morris, Jon Nakamura, David Nettell, Joseph Omran, Nanda Palmieri, John Robiola, Gina Rus, Anne Sasaki, Kathleen Sheridan, Maile Smith, Scott Stark, Matt Stromberg, John Thorpe, Ryan Utsumi, Diane Walton				
	Helpers:				

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DOLPHIN LOG SWIM STATISTICS

Wagner, Diane Walton,
David Zovickian **Helpers:**
Andrea Allen, Lauren Au,
Peter Bianucci, Andrew
Cassidy, Karin Christenson,
Signe Curtis, Duke Dahlin,
Tim Dumm, Chris Germain,
Brian Gilbert, Carolyn Hui,
Tom Hunt, Mara Iaconi, Alex
Migoushov, Julia Murphy,
Jaron Ness, Emily Nogue,
Hal Offen, Nanda Palmieri,
Nikola Pavicic, Derrick
Rebello, Robin Rome, Susan
Saylor, Suzanne Scott, John
Thorpe, David Ufferflige,
Jill Utsumi, Chris Wagner,
Kathryn Werhane, Janice
Wood, Madhuri Yechuri
Test swim: Jean Allan,
Lauren Au, Andrew Cassidy,
Janine Corcoran, Matthias
Fore, Carolyn Hui, Kristina
Kordesch, Hal Offen,
Kathleen Sheridan, Chris
Wagner, John Blackman,
Duke Dahlin, Jim Frew, Chris
Germain, Terry Horn, Brian
Kiernan, Wendy Kordesch,
Timothy Kreutzen, Thomas
McCall, Tom Neill, Nanda
Palmieri, John Thorpe, Jill
Utsumi, Ryan Utsumi **Special**
Thanks: Denise Leffers, a
non-member who helped in
the galley.

100 Mile Swim JUN 1-OCT 31, 2019		
Place	Name	Miles
1	Tom Neill	322
2	Randall Edwards	216
3	Mauricio Prieto	185
4	Catherine Breed	177
5	Luca Pozzi	163.5
6	Duke Dahlin	155
7	Peter Cullinan	151
8	Chris Wagner	150
9	David Holscher	130
9	David Rich	130
10	Lauren Au	126.5
11	Andrew Cassidy	123.75
12	Suzanne Heim	120.5
13	Hubert Chaperon	117.5
14	Crissa Williams	112.5
15	Cesar Manzano	110
16	Tom Nuckton	109
17	Madhuri Yechuri	107.25
18	Ross Browne	106
18	Jaron Ness	106
18	Holly Reed	106
19	Janine Corcoran	105
19	Charles Cross	105
20	Terry Huwe	104
21	Steve Carlson	103
21	Keira Koss-Baker	103
22	Mara Iaconi	102.5
22	Nancy Lange	102.5
23	Steve Schatz	102
24	Wolfgang Richter	101
24	Sona Sondhi	101
25	Jerad Slagle	100.5

Place	Name	Miles	Place	Name	Miles
26	Marc Cruciger	100	26	Marcy Michael	100
26	Kris Estrada Pozzi	100	26	Donna Schumacher	100
26	Patrick Grady	100	26	Ryan Utsumi	100
26	Brian Johnson	100	26	Elaine Van Vleck	100
26	Tor Lundgren	100			



*Some of the Dolphin Women Triathletes on the Alma at sunrise
from left to right: Sunny McKee, Anna Olsen, Gretchen
Coffman, Evelyn Fisher, Wafaa Sabil, Amanda Ernzer*

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SWIM COMMISSIONERS REPORT

We celebrate the completion of another successful Dolphin Club swim season! A huge thank you goes out to all our volunteer coordinators, our regular volunteers doing the dirty work, and the pilots who are all so essential in making the swim program work. It takes a village, so thank you!!

We want to extend a big thank you to Ryan Utsumi for two dedicated years as Swim Commissioner and mentor to many. Ryan was the Chief Pilot for most of the club swims this year and, among “just a few” other items, was charged with coordinating vessel traffic and ferry schedules, making the call on the final safety decisions, and executing the swim plan. Now back to the water with you! The annual Pride Swim was hosted by SERC this year and a great time was had by all. The swim was from Coghlan Beach back to the club where swimmers were treated to a warm Irish Coffee beachside. This year’s Pride Month celebrated the 50th anniversary of the Stonewall riots in New York City. Dolphin Hal Offen provided the crowd with a firsthand perspective of his experiences being gay in NYC during this time. Afterwards, Hal led the crowd in a rousing rendition of “Amazing Gays.”

Taking advantage of the longer days of summer, the Over-45 Gas House Cove swim was held in the evening and followed by a BBQ and libations. Although the jump was into a pretty strong flood tide, we thankfully did not have a repeat of the February swim in which a couple of pier pilings “got in the way.” Times were fast across the board for the forty-five Over-45 swimmers.

Crissy Field, one of our two longest regularly scheduled swims, at about

2.75 miles, featured fog and wind, but had sufficient visibility to allow us to ride a moderate flood back to Aquatic Park. The water was 61 degrees in spots, making it more inviting versus standing on the blustery dock.

The Walt Schneebeli Over-60 Cove swim allows our more senior members a chance to shine. This year our oldest swimmer was 89, while the youngest had just turned 60. Swimmers had three different courses to choose from: five swam to the Eppleton Hall and back, 13 swam to the flag and back, while 36 swam the full cove.

The Fort Point Swim is the Club’s longest regularly scheduled swim at 3.2 miles and can be an honest one if the flood is weak. At the jump, we all witnessed debris in the water floating in place as if it were slack tide. The flood finally kicked in late in the swim and we found ourselves, all of a sudden, screaming by muni pier as we approached the opening.

Conditions were almost perfect for the Joe Bruno Golden Gate swim this year. There was little wind, the water was calm, and the sun shining. Swimmers boarded the AdventureCat for a ride out under the Golden Gate Bridge where, west of the bridge and abeam of Fort Point, they jumped and then lined-up for the water start. The course took most swimmers from the west side of the bridge, under the midspan, to finish up east of the bridge near Lime Rock. The ebb kicked in towards the end pushing a handful of swimmers back to the west side of the bridge including a couple of swimmers who made an unplanned visit to Kirby Cove.

The Alcatraz swim was one of the smoothest swims of the year from both a swimmer’s and pilot’s standpoint. Our swimmers jumped from the east

side of the island approximately 45 minutes prior to slack tide turning to a flood. The nature of the currents led to our faster swimmers taking a direct line to the opening while our core group aimed more westward with the flood tide kicking in. Forty swimmers participated including several first-timers who arrived at the beach with huge smiles on their faces. Notably, Anna Schatz still let her dad win by a body length.

Our most difficult challenge is the annual 100-Mile Swim between June 1st and October 31st. Forty swimmers successfully completed at least 100 miles. Top honors went to Tom Neill with 322 miles, which equates to an average of 2.1 miles per day. We have sent Tom’s watch to Garmin to fully certify his results.

Relax; there are only 50 days in which one is not obliged to fill in squares, unless of course you are doing the Grizzly Bear Challenge. The Winter Solstice has different meaning to different people. Some view it as several cold, difficult and dark months ahead, while others relish the excitement of the longer days to come. Dolphin swimmers, however, celebrate with the beginning of the Polar Bear Challenge. Past participants will attest that their experiences swimming in the unpredictable currents and cold water of winter, and then coming back to life amongst friends in the sauna, are some of their fondest memories of the year. The camaraderie experienced by our participants during the stark winter months forms everlasting memories and lifelong bonds.

The 2020 swim season will be here before you know it. We hope to see all the old faces and many new ones out in the Bay. Let the season begin!!

Swim Commissioners



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COMPASS

In Memoriam



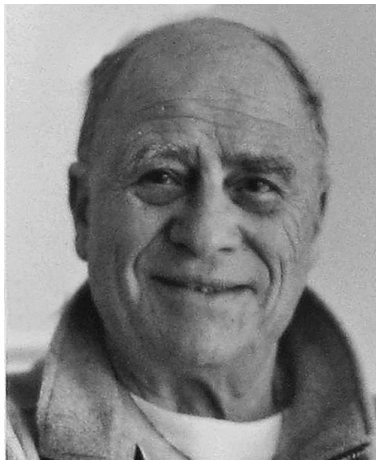
David Broadbear, Tom Kernan, Don Reid and Chuck Vogt

back and forth between The Bay View Boat Club and The Mariposa Hunter's Point Yacht Club in the 1980s before joining The Dolphin Club where he befriended many and served as Assistant Weight Room Commissioner. Pictured here (circa 2005, left to right) are fellow Dolphin Club members David Broadbear (deceased), Tom, Don Reid and Chuck Vogt after lunch at The Tadich Grill, having fun, enjoying life - what Tom was all about. Serving as Tom's legacy is the most iconic stool in the Men's locker room.

-Chuck Vogt

Tom Kernan, an active and most friendly Dolphin Club Member from 1997 to 2014 (when he could no longer swim due to advancing bone cancer), passed away February 14, 2019 at St Anne's Home on Lake Street. Born in New York City on January 10, 1933, he moved shortly thereafter with father, Brigadier General Redmond Francis USA (US Military Academy West Point), and mother Marguerite Ghelfi (French born and educated), to Carmel by the Sea, where he attended Notre Dame Academy. He then moved to Menlo Park where he attended St. Joseph's, Bellarmine Prep and Santa Clara University, before finishing college at Notre Dame University, receiving a commission in the US Army.

Tom returned to San Francisco and earned a living in the insurance business. A long time resident on Potrero Hill, he started swimming



Vincent LaRocca

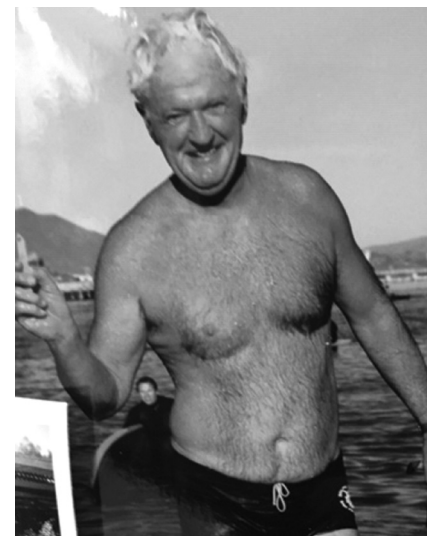
Vincent LaRocca died peacefully at home in his sleep on August 19, 2019 at the age of 87. Vince was born and raised in San Francisco and was the owner of the legendary LaRocca's Corner in North Beach. Three generations of the LaRocca family participated in running the bar, from grandfather Vincenzo, father Leo, and brother Jack. Entertaining customers for years, Vince played the piano, his father played banjo and guitar and his brother played the accordion.

In the early 1900's LaRocca's Corner was the favorite for Sicilian fishermen, where they loved playing a Sicilian card game called Briscola. The bar became a favorite of the children of the fishermen and their families with the music and dancing on the weekends. The Corner was the place to see and be seen by many San Franciscans. LaRocca's was fondly remembered by many visitors to our city, who would make it a regular stop. During the week, the daily card games were just as popular with anyone - from the cast of Guys and Dolls, bookies and politicians, to high society. There was no place quite like it and no one quite like Vince. His life was a life well lived, and he will be greatly missed by all who loved him.

James Francis Grant, 91, of San Rafael and Little River passed away peacefully on July 18, 2019, at his home. He was born in San Francisco on August 7, 1927, and grew up in Vallejo with his three sisters. At 18, he enlisted in the Army and served in Korea. Upon returning home, he enrolled at San Jose State College and ran on the Spartan track team under the legendary track and field coach Bud Winter.

Jim married Jan Angela Price on September 8, 1956, lived in San Rafael and had the first of six children in July 1957. He worked for New York Life Insurance Company for twenty-four years as a life insurance agent. And at the age of 59, Jim became a correctional officer and worked for the remainder of his career at San Quentin State Prison. He retired from the California Department of Corrections after 20 years, just short of his 80th birthday.

Jim loved to go swimming, often times doing laps in the Bay and racing in the Dolphin Club Alcatraz and Golden Gate swims. Jim also loved long distance running, frequently competing in the Dipsea Race, including one time with all five sons (his youngest, Bruce came in first in the family). Even into his late 70s, Jim was an active athlete, participating in the Escape from Alcatraz Triathlon and the New Year's Day Alcatraz swims.



Only Jim Grant was allowed to swim at San Quentin. They'd announce on the radio "Old man Grant is getting in."



The Dolphin Swimming
& Boating Club
502 Jefferson Street
San Francisco, CA 94109

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2020 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Wed TBD	*New Year's Day Alcatraz
Jan 1	Wed TBD	New Year's Day Cove Swim
Jan 18	Sat 8:30 am	*Pier 41
Feb 1-2	Sat/Sun	24 hour cove relay
Feb 9	Sun 8:30 am	*Gas House Cove
Feb 16	Sun TBD	Old Timer's Lunch
Mar 1	Sun 8:00 am	*Pier 39
Mar 14	Sun 7:15 am	*John Nogue Swim for Science Pier 15
Mar 15	Sun TBD	McCovey Cove Regatta
Mar 21	Sat 8:00 am	*Yacht Harbor
Mar 21	Sat 11:00 pm	End of Polar Bear
Apr 4	Sat TBD	Rowers Festival
Apr 11	Sat 11:00 am	Dick Beeler Crazy Cove
Apr 25	Sat 11:00 am	*Coghlan Beach (fun swim)
May 30	Sat 8:00 am	*Bay Bridge
Jun 1	Mon 5:00 am	100-Mile Swim Begins
Jun 20	Sat 9:30 am	*Pride Swim
Jun 21	Sun 9:15	Baykeeper Relay
Jun 27	Sat 5:00 pm	*Under 30 & 30-45
Jun 27	Sat 5:00 pm	*Doc Howard Over 45
Jul 18	Sat TBD	Trans Tahoe
Jul 19	Sun 9:00 am	*Crissy Field
Aug 1/2	Sat/Sun	*Santa Cruz Pier Swim
Aug 15	Sat 11:00 am	Walt Schneebeli Over 60 Cove
Aug 30	Sun 8:00 am	*Fort Point
Sep 12	Sat 9:30 am	*Alcatraz
Sep 27	Sun TBD	Swim Across America
Oct 3	Sat 10:00 am	Dolphin/South End Triathlon
TBD		*Joe Bruno Golden Gate
Oct 17	Sat	Angel Island Regatta
Oct 24	Sat 7:45 am	Escape from Alcatraz Triathlon
Oct 31	Sat 11:00 pm	100-Mile Swim Ends
Nov 14	Sat TBD	Pilot Appreciation Dinner
Nov 22	Sun 5:00 am	Grizzly Bear Challenge
Nov 26	Thur 9:00 am	Thanksgiving Day Cove
Dec 20	Sun 8:00 am	New Year's Day Qualifier & Holiday Brunch
Dec 21	Mon 5:00 am	Polar Bear Swim Begins
Dec 31	Tue 11:00 pm	Grizzly Bear Challenge Ends

ROWING TRAINING

These Saturdays as 9:00 am

January 19

February 23

March 23

April 20

May 18

June 22

July 20

August 24

September 21

October 19

November 23

December 21

Intro to bay swimming *usually*
offered on the Saturday *or*
Sunday following the monthly
Board Meetings, check website
www.dolphinclub.org.
*All times are approximate & subject
to change. TBD means "to be
determined".*

*Qualifying Swim

Alcatraz Island
1.4 miles

SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members, who are current on their dues and fees and in good standing.
 2. Swimmers must have current USMS membership, or USA Swimming membership, as appropriate and abide by each organization's rules and requirements.
 3. Swimmers are required to wear orange caps on all scheduled swims.
 4. Swimmers cannot use swim aids including fins and wet suits, on any timed scheduled swims.
 5. New members are not eligible to swim in scheduled out-of-cove swims for either 6-months from the start of their membership, or before successfully completing the 100-mile swim, the Polar Bear swim, or the Accelerated Out-of-Cove process.
 6. All out-of-cove swims require a pilot:swimmer ratio of 1:3.
 7. Time limits may be imposed at the discretion of the Swim Commissioner(s).
 8. All Club boats are reserved for scheduled swims. Co-pilots are encouraged. Riders are prohibited.
 9. Swimmers must register during check-in and attend the swim briefing in order to swim.
 10. To swim Golden Gate or Alcatraz, members must successfully complete at least three qualifying swims and help on at least three swims.
 11. Out-of-town members must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 10 above.
- (Nothing in the above rules shall contravene any applicable Federal laws and statutes.)

Pier 41½
1.2 miles

Pier 43
1 mile

Fort Point
3.5 miles

Crissy Field
2.5 miles

Yacht Harbor
1.5 miles

Gashouse Cove
1 mile

Aquatic Park Cove